One-Pot Meals Cookbook

Nutrition and Food Services Healthy Teaching Kitchen

U.S. Department of Veterans Affairs

www.nutrition.va.gov

Table of Contents

Cooking References 1

- Cooking Safely 2
- Measurements and Abbreviations 4
- Cooking Equipment 5
- Building a Balanced Meal in a Bowl 6
- Building a Healthy Sandwich or Wrap 8
- Building a Balanced Pasta Meal 9
- Building a Balanced Sheet Pan Meal 11
- Building a Balanced Smoothie 13

Meatless Recipes 15

- Chickpea Shakshuka 16
- Tomato, Spinach, and Cannellini Bean Pasta 17
- Pasta Primavera 18
- Pasta with Chickpeas 19
- Banana-Oatmeal Protein Pancakes 20
- Bean and Barley Soup 21
- Italian White Bean and Kale Stew 22
- Stove-to-Oven Vegetable Frittata 23
- Three-Bean Chili 24
- Slow Cooker Moroccan Chickpea-Lentil Stew 25
- Sweet-and-Sour Chickpea Stir-Fry 26

Poultry Recipes 27

- Southwest Chicken Soup 28
- Chicken Couscous Paella 29
- Slow Cooker Chicken Fajitas 30

(Poultry Recipes continued)

Mediterranean Chicken and Bulgur Risotto 31
Lemon Chicken and Vegetable Rice Bowls 32
White Chili 33
Sheet Pan Buffalo Chicken Quesadillas 34
Chicken Cauliflower Enchilada Skillet 35
Ground Turkey-Sweet Potato Skillet 36
Chicken Tortellini Soup 37
Cheesy Turkey and Bell Pepper Rice Bowl 38
Italian Sausage and Bean Stew 39
Stovetop Chicken Divan 40
Braised Chicken and Vegetable Skillet 41

Beef Recipes 42
Walnut Chili Mac 43
Cheesy Beef and Pasta Skillet 44
Rustic Beef Lasagna Soup 45
Unstuffed Cabbage Rolls 46
Sheet Pan Mini Meatloaves with Vegetables 47
Slow Cooker Southwestern Stuffed Peppers 48
Pressure Cooker Spaghetti with Meat Sauce 49
Italian Pasta Skillet 50

Pork Recipes 51
Slow Cooker Sweet-and-Sour Pork Bowl 52
Barbecue Pork Sheet Pan Dinner 53
Egg Roll-Inspired Pork Noodle Bowl 54
Slow Cooker Apple Pork Tenderloin 55
Pork and Vegetable Fried Rice 56
Island-Style Pork and Vegetable Kebabs 57
Veggie-Loaded Barbecue Pork Sandwiches 58
Pork and Rice Skillet 59

Seafood Recipes 60
Tropical Tex-Mex Shrimp Fajitas 61
Southwestern Quinoa Bowl with Shrimp 62
Lemony Shrimp Scampi with Broccoli 63
Fish Tacos with Tangy Slaw 64
Rosemary Tuna Salad Sandwiches 65
Stovetop Tuna Noodle Casserole 66
Sushi-Inspired Tuna Bowl 67
Asian Salmon and Vegetable Packets 68
Italian Salmon and Vegetable Packets 69
Tuscan Tuna Salad Wrap 70
Sheet Pan Fish and Vegetable Medley 71

Recipe Index 72

Cooking References

Cooking Safely

Did you know that one in six Americans will get sick from food poisoning this year? Food poisoning not only sends 128,000 Americans to the hospital each year, it can also have long-term health effects.

The keys to basic food safety are cooking it to the right temperature and handling it properly. Follow these guidelines to keep you, your family, and your guests safe.

For more information on these and other food safety guidelines, please visit www.foodsafety.gov.

Practice Good Hygiene

Use hot water and regular soap to wash your hands. Scrub the backs of your hands, between your fingers, and under your nails for at least 20 seconds. Need a timer? Try humming the "Happy Birthday" song from beginning to end twice. Rinse hands, then dry with a clean towel.

Wash your hands often, especially during these key times when germs can spread:

- Before, during, and after preparing food
- Before serving food or eating
- After handling raw meat, poultry, seafood, eggs, or their juices
- After using the toilet, touching garbage, touching an animal, or picking something up off the floor
- After changing a diaper or taking care of someone who is sick
- After blowing your nose, coughing, or sneezing

Safe Internal Food Temperatures

Poultry	
Whole or Pieces	165°F
Ground	165°F
Beef, Pork, and Lamb	
Steaks/Roasts/Chops	145°F
Ground	160°F
Pre-Cooked Ham	140°F
Seafood	
Fish Fillet/Whole Fish	145°F
Shrimp/Lobster/Crab	Cook until flesh is pearly and opaque
Leftovers and Casseroles	165°F
Egg Dishes	160°F

Cook to Safe Temperatures

Cook all food to the minimum safe internal temperatures on the chart above. Use a food thermometer to be sure your food is safe. When you think your food is done, place the food thermometer in the thickest part of the food, making sure not to touch bone, fat, or gristle.

Separate Hazardous Foods

Use one cutting board for hazardous foods (e.g. raw meat, raw poultry, raw seafood, raw eggs) and another for non-hazardous foods (e.g. fresh produce, cooked foods, foods that won't be cooked).

Use separate plates and utensils for cooked and raw foods. Use hot, soapy water to wash all plates, utensils, and cutting boards that touched hazardous foods before using them again.

Refrigerate and Freeze Properly

Your refrigerator should be set to 40°F or below and your freezer to 0°F or below. Use a refrigerator and/or freezer thermometer to be sure. Place raw meat, poultry, and seafood on plates, in containers, or in sealed plastic bags. Freeze them if you're not planning to use them within a few days. Freezing does not kill harmful germs, but it does keep food safe until you can cook it.

Avoid the Danger Zone

Bacteria that cause food poisoning grow quickest between 40°F and 140°F, also known as the danger zone. Never leave perishable foods at room temperature for more than two hours. If the food is exposed to temperatures above 90°F, refrigerate it within one hour.

If you're not serving food right after cooking, keep it out of the danger zone by using a heat source like a chafing dish, warming tray, or slow cooker. Cold foods can be kept on ice or in a cooler.

Never thaw or marinate foods at room temperature. The safest way to thaw or marinate food is in the refrigerator. Food can also be thawed under cool running water. Leftovers should be placed in small shallow containers and refrigerated promptly to allow for quick cooling.

Safe Food Storage Times (Refrigerated at 40°F or Below)

Raw Poultry	
Whole, Pieces, or Ground	1-2 days
Raw Beef, Pork, and Lamb	
Steaks/Roasts/Chops	3-5 days
Pre-Cooked Ham	3-4 days
Ground	1-2 days
Stew Meat	1-2 days
Raw Seafood	
Fish Fillet/Whole Fish	1-2 days
Shrimp/Lobster/Crab	1-2 days
Raw Eggs	
In shell	3-5 weeks
Out of Shell	2-4 days
Cooked Leftovers	
Beef, Pork, and Lamb	3-4 days
Poultry	3-4 days
Seafood	3-4 days
Egg Dishes	3-4 days
Hard-Cooked Eggs, In Shell	7 days
Vegetables and Fruit	5-7 days
Soups and Stews	3-4 days

Wash Produce

Cut away any damaged areas on fruits and vegetables, then rinse under warm running water. Scrub firm produce like melons, potatoes, and cucumbers with a clean produce brush. Air dry or pat washed items dry with a paper towel or clean cloth towel. Don't rinse raw meat, poultry, or seafood since this can contaminate other surfaces.

When In Doubt, Throw It Out

The germs that make you sick are not always the same ones that cause food to go bad. Don't use smell, taste, and appearance as your only guides. Use the storage times on the table above to guide you. If you're still not sure whether a food item is safe, it's better to be safe than sorry and throw it away.

Measurements and Abbreviations

Common Abbreviations

c — cup

Tbsp — tablespoon

tsp — teaspoon

oz — ounce (usually weight, unless referring to a liquid)

fl oz — fluid ounces

lb — pound

g — gram

mg — milligram

~ — about/roughly

Volume Conversions

3 teaspoons = 1 tablespoon

½ tablespoon = 1½ teaspoons

2 tablespoons = 1 (fluid) ounce = ⅛ cup

4 tablespoons = 2 (fluid) ounces = ¼ cup

5 tablespoons + 1 teaspoon = ⅓ cup

1 cup = 8 (fluid) ounces

2 cups = 16 (fluid) ounces = 1 pint

4 cups = 32 (fluid) ounces = 1 quart

2 quarts = 64 (fluid) ounces = ½ gallon

16 cups = 128 (fluid) ounces = 1 gallon

Fresh Herbs to Dried Herbs Ratios

Dried leafy herbs (e.g. oregano, basil, tarragon)
1 tablespoon fresh = 1 teaspoon dried
Dried ground herbs and spices (e.g. ground ginger, garlic powder, ground thyme)
4 parts fresh = 1 part dried
Dried leafy herb to dried ground herb
1 teaspoon dried leaf = ½ teaspoon ground herb

Reducing Recipes for Fewer Servings

When the Recipe Says...	To Make Half, Use...	To Make a Third, Use...
¼ cup	2 tablespoons	1 tbsp + 1 tsp
⅓ cup	2 tbsp + 2 tsp	1 tbsp + 2¼ tsp
½ cup	¼ cup	2 tbsp + 2 tsp
⅔ cup	⅓ cup	3 tbsp + 1½ tsp
¾ cup	¼ cup + 2 tbsp	¼ cup
1 cup	½ cup	⅓ cup
1 tablespoon	1 ½ teaspoon	1 teaspoon
1 teaspoon	½ teaspoon	¼ teaspoon
½ teaspoon	¼ teaspoon	Scant ¼ tsp
¼ teaspoon	⅛ teaspoon	Scant ⅛ tsp
⅛ teaspoon	1 dash	1 pinch

Cooking Equipment

Having the right tools on hand can help make cooking as easy and efficient as possible. Use the list below to make sure you will have what you need to make a variety of recipes.

- ☐ Large frying pan (skillet), 10+ inches across
- ☐ Small frying pan (skillet), 6 inches across
- ☐ Large sauté pan, 10+ inches across
- ☐ Large saucepan with lid, 6+ quarts
- ☐ Small saucepan with a lid, 2-3 quarts
- ☐ Stockpot with a lid
- ☐ Roasting pan
- ☐ At least 2 mixing bowls, one large and one small
- ☐ Microwave-safe and oven-safe casserole dish with a lid, 2-3 quarts
- ☐ Large cutting board
- ☐ 2-3 smaller cutting boards
- ☐ Turning spatula
- ☐ Scraper/rubber spatula
- ☐ Wooden spoons
- ☐ 2 metal baking sheets
- ☐ 2 wire cooling racks
- ☐ Dry ingredient measuring cups
- ☐ Liquid ingredient measuring cup
- ☐ Measuring spoons
- ☐ Box grater
- ☐ Chef knife
- ☐ Bread (serrated) knife
- ☐ Paring knife
- ☐ Honing steel
- ☐ Spring-loaded tongs
- ☐ Wire whisk
- ☐ Can opener
- ☐ Colander
- ☐ Strainer
- ☐ Ladle
- ☐ Vegetable peeler
- ☐ Pot holders and/or oven mitts
- ☐ Instant-read digital thermometer
- ☐ Potato masher
- ☐ Collapsible vegetable steamer
- ☐ Slow cooker
- ☐ Dutch oven
- ☐ Parchment paper
- ☐ Aluminum foil
- ☐ Plastic wrap
- ☐ Food storage containers

Building a Balanced Meal in a Bowl

Making meals in a bowl can be an easy and inexpensive solution for balanced meals that are not only satisfying but also portable. There are plenty of recipes available for meals in a bowl, but the best part about this strategy is that you can make bowls from items you already have on hand. They can be built with the ingredients added in layers or mixed together. Balanced bowls can also provide a good make-ahead option for meals throughout the week.

Use this guide to get started, but don't be afraid to experiment. You know what pairings you tend to like and what foods taste great together, so use a little creativity and trust your instincts. Also keep in mind that each part of the bowl can include a single item, or a combination of items:

1. Fiber-Rich Starch (⅓-1 cup)

Purpose: Provides a hearty source of carbohydrate and other nutrients to maintain healthy blood sugar and energy levels.

Examples: Whole grain (e.g. brown rice, wild rice, oats, corn, quinoa, millet, wheat berries, farro, barley, bulgur), potato, sweet potato, winter squash (e.g. acorn squash, butternut squash), canned or cooked legumes (beans, peas, lentils), whole-wheat pasta, whole-wheat couscous, rice noodles

Preparation Tips: Make a big batch of your selected starch(es) at the beginning of the week to act as the base for a variety of bowls. Some may even do well with freezing.

2. Non-Starchy Vegetable (½-1 cup cooked, 1-2 cups raw)

Purpose: Provides additional fiber, along with a variety of vitamins, minerals, and antioxidants. Also adds unique flavors, visual appeal, and texture.

Examples: Chopped salad, slaw, stir-fry mix, cabbage, kale, spinach, collard greens, root greens (e.g. beet greens, turnip greens, radish greens), arugula, watercress, radishes, carrots, summer squash (e.g. zucchini, yellow squash), beets, tomatoes, cauliflower, celery, eggplant, broccoli, asparagus, green beans, cooked mushrooms, bell peppers, onion, snap peas, snow peas

Preparation Tips: Try including a combination of raw and cooked vegetables in each bowl, or alternate raw and cooked throughout the day. It can helpful to chop up all vegetables at the beginning of the week, cooking in a large batch (e.g. roasting, steaming) if desired.

3. Optional – Fruit (¼-½ cup)

Purpose: Add a touch of sweetness and possibly also acidity, along with vitamins and antioxidants. Alternatively, fruit can be used in place the non-starchy vegetable for a sweet breakfast or dessert bowl.

Examples: Halved grapes, halved cherries, segmented oranges or grapefruit, sliced or chopped apples, sliced or chopped pears, sliced or whole berries, peaches, plums, cubed pineapple, cubed mango, dried fruit

Preparation Tips: Fruit can be chopped up in advance if desired. To prevent the browning that can happen in some fruit, try tossing the cut fruit with a bit of lemon or lime juice. Canned fruit or thawed frozen fruit can also be used.

4. Protein (2-4 ounces)

Purpose: Helps stabilize blood sugars and energy levels, while providing the body with building blocks and minerals.

Examples: Sliced or cubed tofu, crumbled or cubed tempeh, sliced or cubed seitan, shelled edamame, canned or cooked legumes (beans, peas, lentils), fish or shellfish (canned and cooked from fresh or frozen), meat (e.g. shredded or chopped pork, sliced or chopped steak, ground meat), poultry (e.g. shredded or chopped chicken, ground turkey or chicken), egg (e.g. hardboiled, fried, scrambled)

Preparation Tips: Consider alternating plant sources of protein with animal sources for a variety of health benefits and flavors. Try cooking up a large batch and refrigerating or freezing for later.

5. Boosters (½ teaspoon-¼ cup)

Purpose: Adds a boost of flavor, texture, and nutrition.

Examples: Toasted chopped nuts or seeds, roasted chickpeas, ground spices, dried or fresh chopped herbs, finishing oil (e.g. sesame oil, walnut oil, almond oil, extra-virgin olive oil), fermented or cultured foods (e.g. plain yogurt, sauerkraut, kimchi, preserved lemons), quick-pickled vegetables, cheese (e.g. goat cheese, feta, blue cheese), citrus juice, citrus zest, grated ginger, grated or sliced garlic, caramelized onions, sliced scallions (green onions), avocado, olives, capers, chile peppers (e.g. jalapeño, serrano), crumbled seaweed (e.g. nori, dulse), sundried tomato

Preparation Tips: Keep a variety of shelf-stable booster items on hand to swap out new flavors with each meal.

6. Sauce or Dressing (1 teaspoon-2 tablespoons)

Purpose: Pulls the ingredients of the bowl together, along with an additional source of energy and other nutrients.

Examples: Vinaigrette, marinade, broth-based sauce (e.g. pan sauce, gravy), creamy sauce or dressing (e.g. Greek yogurt-based, avocado-based, miso-based), tomato sauce, stir-fry sauce, soy sauce, herb-based sauce (e.g. pesto, chimichurri), nut- or seed-based sauce (e.g. peanut sauce, tahini sauce), hot sauce (e.g. sriracha, salsa, harissa), spiced sauce (e.g. curry sauce, tikka masala sauce), flavored vinegar (e.g. balsamic, red wine vinegar, apple cider vinegar), sweetener (e.g. honey, maple syrup, agave)

Preparation Tips: Try making your own sauces and dressings for cost savings, fresher flavor, and improved nutrient content. Most homemade sauces and dressing will keep in the refrigerator for 1-2 weeks, or in the freezer for 1-3 months.

Building a Healthy Sandwich or Wrap

Sandwiches and wraps are great quick meal options, whether you are eating at home or on-the-go. They can be served hot or cold, closed or open-faced. Follow the tips below to build a balanced and delicious sandwich or wrap.

1. Choose a Vessel

Examples: Whole-grain bread, whole-grain pita, whole-grain wraps, whole-grain tortilla, whole-grain sandwich thin

2. Select a Protein

Examples: Sliced deli meat (e.g. turkey, chicken, ham, lean roast beef; reduced-sodium and uncured, if possible), meat or poultry cooked from fresh, canned salmon or tuna in water, hardboiled eggs, scrambled eggs, fried eggs, nut or seed butter, marinated and cooked tofu or tempeh, mashed beans, hummus, sliced or crumbled cheese

3. Add Flavor and/or Richness

Examples: Mustard, vinaigrette, hummus, barbecue sauce, tzatziki, Greek yogurt, sliced or crumbled cheese, sliced or mashed avocado, olives, nut or seed butter, mayonnaise, capers, sliced pickles, pickled onion, sundried tomatoes

4. Load on Produce

Examples: Roasted or raw bell pepper, cooked or raw onion, sauteed zucchini, roasted eggplant, sliced tomato, leaf lettuce, sauteed mushrooms, salad greens, sliced cucumber, thinly sliced pears, thinly sliced apples, halved grapes

Sandwich Combination Ideas

Vessel (Bread or Wrap)	Heartiness (Protein)	Flavor and/or Richness (Condiments)	Sweetness and/or Tanginess (Produce)	Crispness or Crunch (Produce)
Whole-grain bread	Sliced turkey	1 ounce sliced Colby-jack cheese	Thinly sliced apple	Mixed greens
Whole-wheat flour tortilla	Hummus	Crumbled goat cheese	Roasted bell pepper	Baby spinach
Whole-grain pita pocket	Sliced roast beef	Crumbled feta, olive oil mayonnaise	Shredded carrots	Thinly sliced red onion

Building a Balanced Pasta Meal

Pasta is a low-cost, versatile pantry staple. This can make it a great starting point for building meals with a variety of flavors and ingredients. Follow this guide to transform pasta into a complete and balanced meal.

Note that the amounts listed will make enough for four servings. Feel free to adjust this as needed. This also shows a one-pot cooking process. For faster cooking, start step 3 in a separate pan while the pasta is cooking.

1. Boil the Water

Fill a large stockpot or saucepan about halfway with water. Add ½ tablespoon of salt, then place the pot over high heat and bring the water to a boil. Note that only about 3% of the salt will be absorbed into each serving of the pasta (about 115 milligrams, mg, of sodium per serving).

2. Cook the Pasta (8 ounces, or half of a 16-ounce box; any shape or style)

Add the pasta to the pot and cook according to the directions on the box. Use a ladle to carefully transfer 1 cup of the pasta cooking water to a liquid measuring cup. Drain the pasta into a colander or strainer, then set aside.

Examples: White/regular pasta, whole grain pasta, lentil pasta, black bean pasta, chickpea pasta, rice noodles, buckwheat noodles, quinoa pasta

3. Heat the Oil (1 tablespoon)

Place the pot back on the stovetop over medium to medium-high heat. Add the oil and heat until shimmering.

Examples: Olive oil, canola oil, avocado oil

4. Build Flavor with Aromatics (one type or a combination)

Add the selected aromatics and cook, stirring occasionally, until they are fragrant and softened.

For delicate aromatics such as garlic or ginger, this will take about 30-60 seconds. For more hearty aromatics like carrot or onion, this will take about 5-10 minutes.

Examples: ½ cup diced celery, ½ cup diced leeks, ½ cup diced onion, ½ cup diced carrot, 1 diced shallot, 2-4 minced garlic cloves (about 1-2 teaspoons), 1-3 teaspoons grated fresh ginger, 2-4 thinly sliced scallions (green onions)

5. Add Protein (pick one)

Add the selected protein. Cook, stirring often, until warm and cooked through, if applicable. For delicate or no-cook proteins such as shrimp, canned tuna, or tempeh, this will take about 2-4 minutes. For hearty uncooked proteins like ground meat or diced chicken, this will take about 5-10 minutes.

Examples:

- Animal-based protein foods: 8-16 ounces lean ground turkey, 8-16 ounces lean ground beef, 1-2 diced chicken breasts, 1-2 cans tuna or salmon (drained), 8-16 ounces shrimp
- Plant-based protein foods: 1 (15-ounce) can beans or lentils (drained and rinsed), ½ cup peanut butter, 16 ounces crumbled tempeh or tofu

6. Cook the Vegetables (1-2 cups, sliced or chopped as needed; one type or a combination)

Add the selected vegetable(s) and the 1 cup of reserved pasta cooking water. Cover the pot with a lid and cook until tender, about 3-7 minutes, depending on the vegetable(s).

Examples: Asparagus, broccoli, grape or cherry tomatoes, mushrooms, bell peppers, zucchini, spinach

7. Optional – Add a Boost of Flavor (pick one or more)

Add the selected flavoring ingredient(s), then toss to combine. Let sit to infuse the flavor, about 1-2 minutes.

Examples: 2 tablespoons fresh herbs, 1-2 teaspoons dried herbs, 1-3 teaspoons lemon or lime juice, 1-3 teaspoons lemon or lime zest, 1-3 teaspoons vinegar (e.g. rice vinegar, balsamic vinegar, red wine vinegar)

8. Optional – Sprinkle with Cheese or Cheese Alternative (2-4 tablespoons)

Sprinkle with the cheese or non-dairy cheese alternative. Place the lid back on and let sit to melt the cheese.

Examples: Shredded or grated parmesan, shredded or grated asiago, crumbled feta, crumbled goat cheese, sliced or chopped fresh mozzarella, nutritional yeast seasoning, plant-based shredded or grated cheese

9. Serve

Taste and adjust the flavor as needed, then serve warm.

Pasta Cooking Tips

- There is no need to add oil to the water when cooking pasta. In fact, adding oil to the cooking water can keep the sauce from sticking later on. The best way to keep pasta from sticking together is to use a large amount of boiling water. Fill a large saucepan or stockpot halfway to two-thirds full to cook up to a pound of uncooked pasta.
- Place a lid on the pot while the water is coming to a boil, to help it heat up faster.
- Stir the pasta for about 30-60 seconds when it is first added to the boiling water, then leave it alone for the rest of the cooking time. It is okay to stir it once more about halfway through the cooking time, but not needed.
- Do not rinse pasta after it is done cooking. Rinsing the pasta will keep the sauce from sticking.

Building a Balanced Sheet Pan Meal

Sheet pan meals are a twist on one-pot-meal cooking. They involve cooking an entire meal on a sheet pan in the oven, instead of in a pot or pan on the stovetop. You can change up your sheet pan meals based on what you have in your pantry, refrigerator, and freezer.

Use this guide for cooking balanced sheet pan meals. Note that the suggested amounts are based on making a two-serving sheet pan meal. You can adjust the amounts up or down, using more than one sheet pan if needed.

1. Select a Fiber-Rich Starch (1-2 cups)

Purpose: Provides starch with fiber, along with other nutrients. This can help maintain a healthy blood sugar level, provide the body with lasting energy, and increase satisfaction.

Examples:

- Long-cooking: Butternut squash, sweet potato, acorn squash
- Medium-length cooking: Corn on the cob, corn kernels, frozen starchy vegetables

Preparation Tips: Cut long-cooking items into ½- to 1-inch pieces, peeling as needed. Consider cooking a big batch of a fiber-rich starch at the beginning of the week for a variety of sheet pan dinners throughout the week. If you do not have a starch item on your pan, consider serving with a cooked whole grain, canned beans, or thawed frozen peas.

2. Choose a Non-Starchy Vegetable (2-4 cups)

Purpose: Provides additional fiber, along with a variety of vitamins, minerals, and antioxidants. Also adds unique flavors, visual appeal, and texture.

Examples:

- Medium-length to long-cooking: Broccoli, cauliflower, radishes, carrots, beets, Brussels sprouts, kale, collard greens, onions, peppers, mushrooms, green beans, tomatoes, celery, eggplant
- Quick-cooking: Root greens (e.g. beet greens, turnip greens, radish greens), zucchini, yellow squash, asparagus, snap peas, snow peas, frozen non-starchy vegetables or vegetable blends

Preparation Tips: Cut items into bite-sized pieces. Sheet pan meals are a great way to use up produce. Consider using leftover cooked vegetables by adding them in the last 10 minutes of cooking.

3. Pick a Protein (6-8 ounces raw, about 1 cup)

Purpose: Helps stabilize blood sugar and energy levels, keeps you fuller for longer, and provides the building blocks needed to maintain a healthy body.

Examples:

- Medium-length to long-cooking: Bone-in and/or thick-cut animal proteins (e.g. chicken thighs, drumsticks, steaks, pork chops), turkey cutlets, meatloaf, meatballs, sliced tofu
- Quick-cooking: Cubed or sliced animal protein (e.g. chicken, pork chops, steak, sausage), cubed tofu, crumbled or cubed tempeh, sliced or cubed seitan, shelled edamame (mukimame), shellfish (e.g. shrimp, scallops)

Preparation Tips: Consider alternating or combining plant sources of protein with animal sources for protein to get the best of both worlds – the health benefits and the flavors you desire.

4. Add Flavor (1-4 tablespoons; one or a combination)

Purpose: Pulls the ingredients of the meal together with a cohesive flavor and/or adds flavor to mild-tasting foods.

Examples:

- Seasonings: Italian seasoning, low-sodium taco seasoning, Cajun seasoning, poultry seasoning, onion powder, garlic powder, ground dried ginger, salt-free seasoning blend, dried herbs, fresh chopped herbs
- Condiments (as a marinade before cooking or a sauce after cooking): Vinaigrette, broth-based sauce (e.g. gravy, pan sauce), tomato sauce, stir-fry sauce, lite soy sauce, pesto, chimichurri, peanut sauce, tahini, hot sauce, salsa, harissa, curry, tikka masala sauce, flavored vinegar (e.g. balsamic, red wine vinegar, apple cider vinegar)
- Strong-flavored produce: Citrus zest, citrus juice, grated fresh ginger, grated or sliced garlic, diced or sliced onion, sliced scallions (green onions), olives, capers, crumbled seaweed (e.g. nori, dulse), sundried tomato

Preparation Tips: Keep a variety of shelf-stable flavoring items on hand. Try making your own sauces and dressings for cost savings, fresher flavor, and improved nutrition content.

Cooking the Sheet Pan Meal

1. Preheat the oven to 400-425°F.
2. Spray a baking sheet with nonstick cooking spray or line with parchment paper.
3. Add the selected fiber-rich starchy vegetable(s), non-starchy vegetable(s), and protein. Drizzle or sprinkle with the selected flavoring ingredient(s) and toss to combine. If marinating, do not preheat the oven yet. Add the ingredients to a plastic ziptop bag and refrigerate for at least 30 minutes, up to overnight.
4. Spread the ingredients into a single layer, placing the selected protein on top of or between the vegetables.
5. Place in the oven and cook until the protein is cooked through and the vegetables are tender. This may take 25-45 minutes for medium-length to long-cooking ingredients, or 10-20 minutes for short-cooking ingredients. Combine items that belong to the same cooking time categories. If some items cook quicker, they can be placed on a separate baking sheet before cooking.

Building a Balanced Smoothie

When made with a strategy in mind, smoothies can be a delicious, fast, and nutritious meal or snack option.

It is important to remember that meals – whether they are served on a plate or in a glass – should be nutritionally balanced. While a smoothie made only from fruit might make your taste buds happy, the overall low amount of protein, fat, and fiber is likely to leave you unsatisfied and hungry again within a short time.

Luckily, making a nutritionally balanced smoothie is simple – just follow these five steps (plus an optional sixth step). Smoothies made with the amounts listed in this handout will yield two snack-size servings or one meal-size serving.

1. Add a Base (½-1 cup, based on desired consistency*; one type or a combination)

Examples: Milk, non-dairy milk alternative (e.g. soy milk, almond milk, rice milk, coconut milk), unsweetened brewed tea, kefir, kombucha, coconut water, water, 100% fruit juice

*If you have added the suggested amount of base but your blender is still struggling, try adding another ¼-½ cup of water or your chosen base.

2. Add Fresh, Frozen, or Canned Fruit (1 cup; one type or a combination)

Examples: Apple, banana, blackberries, blueberries, raspberries, strawberries, cherries, grapes, kiwi, mango, melon, orange, papaya, peach, pear, pineapple (Note: Drain if canned in juice. Drain and rinse if canned in syrup.)

3. Add a Raw or Cooked Vegetable (½ cup; one type or a combination)

Examples:

- Raw – Arugula, beet greens, carrot greens, celery, chard, collard greens, cucumbers, parsley, dandelion greens, kale, spinach (Note: Raw vegetables will require a powerful blender to fully grind them up.)
- Cooked – Butternut squash, carrots, cauliflower, radishes, pumpkin, sweet potato, arugula, beet greens, carrot greens, dandelion greens, kale, chard, spinach

4. Add a Protein Source (pick one)

Examples: ½ cup cottage cheese, ½ cup Greek yogurt, ½ cup tofu, ½ cup cooked lentils, ½ cup cooked or canned beans (drained and rinsed), 2 hardboiled or scrambled eggs (unseasoned)

5. Add Fat with Fiber (pick one, or a combination of two using the smaller amounts)

Examples: ¼-½ pitted and peeled avocado, 1-2 tablespoons chia seeds, 2 tablespoons-¼ cup chopped nuts, 1-2 tablespoons nut butter or seed butter (e.g. peanut butter, almond butter, sunflower butter), 1-2 tablespoons flax meal (ground flaxseed), 1-2 tablespoons hulled hemp seeds (hemp hearts), 1-2 tablespoons wheat germ

6. Optional – Give It a Boost (pick one or more, to taste)

Examples: 1-2 tablespoons unsweetened cocoa powder, 1-2 pitted dates, 1-2 teaspoons citrus zest, 1-2 tablespoons lemon or lime juice, ¼-½ teaspoon extract (e.g. vanilla, almond, mint), 1-2 tablespoons fresh herb (e.g. mint, basil), ½-1 teaspoon grated ginger, 1 pinch-¼ teaspoon spices (e.g. cinnamon, nutmeg, turmeric, cayenne), 3-5 ice cubes

Choosing a Blender

All blenders are not created equal. They can vary widely in their size, strength, and ease of cleaning. Select a blender according to your needs and your budget:

- **Standing/Traditional blenders –** Large standing blenders usually hold 5-8 cups. They vary in strength, but are typically able to crush ice and grind raw vegetables.
- **Single-serving blenders –** Good for making one or two servings. Hold 2-4 cups.
- **Handheld/Immersion blenders –** Good for making one or two servings. Easy to clean.

Extra Blending and Smoothie Tips

- For easy blender clean-up, rinse out the inside of the pitcher, then fill it about a third of the way full with warm water and add a splash of dish soap. Cover with the lid and blend on high speed for 1-2 minutes, then rinse and air-dry.
- If you use frozen fruit, look for varieties with no added sugar.
- You can adjust the consistency of the smoothie by using more- or less-dense fruits and vegetables.
- Be creative. Following this formula will deliver a nutritionally balanced smoothie, so try throwing your taste buds some delicious curve balls!

Sample Smoothie Recipes

- **Strawberry-Banana –** ¼ cup water, ¼ cup orange juice, ½ banana, ½ cup frozen strawberries, ½ cup cooked butternut squash, ½ cup cooked red lentils, 1 tablespoon hemp hearts, ¼ teaspoon almond extract
- **Orange Creamsicle –** ¼ cup milk, ¼ cup orange juice, 1 peeled orange, ½ cup Greek yogurt, 1 tablespoon chia seeds, ¼ teaspoon vanilla extract, 3 ice cubes
- **Peachy Keen –** 1 cup almond milk, ½ cup frozen peaches, ½ cup pineapple, ½ cup steamed cauliflower, ½ cup white beans, ¼ avocado, 1 pinch ground ginger or 1 teaspoon grated fresh ginger, 2 pitted dates
- **Peanut Butter Dream –** ½ cup soy milk, 1 ripe banana, ½ cup baby spinach leaves, ½ cup tofu, 2 tablespoons creamy peanut butter, ¼ teaspoon ground cinnamon, 1 tablespoon unsweetened cocoa powder

Meatless Recipes

Chickpea Shakshuka

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 2 servings | Serving Size: 1¾ cups

Ingredients

1 tablespoon olive oil

1 medium bell pepper, diced (about 1 cup)

½ cup diced onion (about ½ medium onion)

1 clove garlic, minced (about ½ teaspoon)

2 teaspoons chili powder

1 teaspoon sweet or smoked paprika

1 teaspoon ground cumin

¼ teaspoon ground cinnamon

1 (14.5-ounce) can no-salt-added diced tomatoes

1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the bell pepper and onion. Cook until softened, about 3-5 minutes, stirring often.
4. Add the garlic, chili powder, paprika, cumin, and cinnamon. Cook and stir until fragrant, about 1 minute.
5. Add the diced tomatoes with their juice. Stir to combine.
6. Bring to a simmer, then continue cooking for 3 minutes, stirring often.
7. Add the beans and stir to combine, then reduce the heat to maintain a gentle simmer (steaming, little to no bubbling).
8. Cook until the flavors have blended, about 10-15 minutes, stirring occasionally.
9. Serve warm.

Nutrition Facts Per Serving: Calories: 385 | Total Fat: 10.5 g | Saturated Fat: 1.5 g
Sodium: 485 mg | Total Carbohydrate: 63 g | Dietary Fiber: 13 g | Protein: 13 g

For more recipes, please visit www.nutrition.va.gov

Tomato, Spinach, and Cannellini Bean Pasta

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 6 servings | Serving Size: 1½ cups

Ingredients

1 tablespoon olive oil

1 medium onion, thinly sliced (about 2 cups)

4 cloves garlic, minced (about 2 teaspoons)

2 teaspoons dried oregano

1 teaspoon ground black pepper

4 cups (32 ounces) low-sodium vegetable or chicken broth

12 ounces uncooked whole-grain pasta (three-quarters of a 16-ounce box)

1 (14.5-ounce) can no-salt-added diced tomatoes

1 (10- to 12-ounce) bag frozen chopped spinach

1 (15-ounce) can no-salt-added cannellini beans, drained and rinsed

12 tablespoons (¾ cup) shredded or grated parmesan, divided

Directions

1. Heat a large saucepan or stockpot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion and cook until softened, about 5-7 minutes, stirring often.
4. Add the garlic, oregano, and black pepper. Cook and stir until fragrant, about 1 minute.
5. Add the broth, pasta, tomatoes with their juice, spinach, and beans. Stir to combine.
6. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
7. Cook, stirring frequently, until almost all the liquid has been absorbed and the pasta is tender, about 10-12 minutes.
8. Serve warm, topping each serving with 2 tablespoons of the parmesan.

Nutrition Facts Per Serving: Calories: 385 | Total Fat: 7.5 g | Saturated Fat: 2 g
Sodium: 230 mg | Total Carbohydrate: 61.5 g | Dietary Fiber: 11 g | Protein: 19 g

For more recipes, please visit www.nutrition.va.gov

Pasta Primavera

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 6 servings | Serving Size: 1½ cups

Ingredients

4 cups (32 ounces) low-sodium vegetable broth

2 tablespoons olive oil

4 cloves garlic, minced (about 2 teaspoons)

½ teaspoon ground black pepper

¼ teaspoon crushed red pepper flakes

8 ounces uncooked whole-grain linguine (half of a 16-ounce box)

6 cups bite-sized fresh or frozen broccoli florets (about 1 pound)

1 pound asparagus, woody ends removed, cut into 1- to 2-inch pieces (about 3 cups)

8 ounces mushrooms, sliced (about 3 cups)

½ medium onion, thinly sliced (about 1 cup)

1 cup frozen peas

¼ cup heavy cream

2 tablespoons grated or shredded parmesan

1 medium lemon, zested and cut into wedges

Directions

1. In a large stockpot or Dutch oven, stir together the broth, oil, garlic, black pepper, and red pepper flakes.
2. Add the linguine, broccoli, asparagus, mushrooms, and onion.
3. Set the pot over high heat and bring to a boil.
4. As soon as the liquid comes to a boil, set a timer for 7 minutes.
5. While the timer is running, toss the items in the pot constantly with tongs.
6. Once the timer goes off, add the peas, heavy cream, parmesan, and lemon zest.
7. Continue cooking and tossing until the pasta and vegetables are tender, about 2-3 minutes.
8. Remove from the heat and let sit to allow the sauce to thicken, about 3-5 minutes.
9. Serve warm with the lemon wedges, squeezing on juice to taste.

Nutrition Facts Per Serving: Calories: 300 | Total Fat: 9 g | Saturated Fat: 2.5 g
Sodium: 145 mg | Total Carbohydrate: 45 g | Dietary Fiber: 8 g | Protein: 14.5 g

For more recipes, please visit www.nutrition.va.gov

Pasta with Chickpeas

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 2 cups without optional toppings

Ingredients

2 tablespoons olive oil

1 medium zucchini, cut into ½-inch-thick slices or chunks (about 2 cups)

1 medium onion, diced (about 1 cup)

4 cloves garlic, minced (about 2 teaspoons)

¼ teaspoon salt

1 pinch crushed red pepper flakes

2 (15-ounce) can no-salt-added garbanzo beans (chickpeas), drained and rinsed

4 ounces uncooked whole-grain short pasta (e.g. elbows, orzo, small shells, rotini; a quarter of a 16-ounce box, about 1 cup)

2 tablespoons tomato paste

2 cups (16 ounces) low-sodium vegetable broth

1 (14.5-ounce) can no-salt-added diced tomatoes

Optional toppings: Parmesan, basil

Directions

1. Heat a large sauté pan or saucepan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the zucchini and onion. Cook until lightly browned, about 6-8 minutes, stirring occasionally.
4. Add the garlic, salt, and red pepper flakes. Cook and stir until fragrant, about 1 minute.
5. Add the beans, pasta, and tomato paste. Cook and stir for 2 minutes.
6. Add the broth and diced tomatoes with their juice, gently scraping the bottom of the pan to release any browned bits.
7. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
8. Cover the pan with a lid and cook until the pasta is tender, about 12-15 minutes.
9. Serve warm, adding toppings as desired.

Nutrition Facts Per Serving: Calories: 415 | Total Fat: 11.5 g | Saturated Fat: 1.5 g
Sodium: 250 mg | Total Carbohydrate: 64 g | Dietary Fiber: 15.5 g | Protein: 17 g

For more recipes, please visit www.nutrition.va.gov

Banana-Oatmeal Protein Pancakes

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 batch (~4 pancakes)

Ingredients

1 medium ripe or overripe banana

2 eggs

⅓ cup old fashioned (rolled) or quick-cooking (1-minute) oats

¼ teaspoon ground cinnamon

1 teaspoon olive oil

Directions

1. Peel the banana into a medium mixing bowl and mash with a fork.
2. Add the eggs and mix with the fork until well combined.
3. (Optional) Put the oats in a blender or food processor and blend until finely ground.
4. Add the oats and cinnamon to the banana mixture. Stir to combine.
5. Heat a medium or large nonstick skillet over medium heat.
6. Add the oil and heat until shimmering. Use a paper towel at the end of a spatula or tongs to spread the oil into a thin even layer. Carefully remove and discard the paper towel.
7. Working ¼ cup at a time, portion the mixture into the pan, leaving about a ½-inch space between each portion of batter.
8. Cook until golden-brown, about 2-3 minutes on each side.
9. Serve warm, topping as desired.

Recipe Notes

- The batter for this recipe can be made in advance and stored in the refrigerator for up to 2 days.

Nutrition Facts Per Serving: Calories: 470 | Total Fat: 26 g | Saturated Fat: 5.5 g
Sodium: 145 mg | Total Carbohydrate: 46 g | Dietary Fiber: 6 g | Protein: 18 g

For more recipes, please visit www.nutrition.va.gov

Bean and Barley Soup

Prep: 15 minutes | Cook: 45 minutes | Total: 1 hour

Yield: 3 servings | Serving Size: 2 cups

Ingredients

1 tablespoon olive oil

1 cup diced onion (about 1 medium onion)

½ cup diced carrot (about 1 medium carrot)

½ cup diced celery (about 2 celery stalks)

1 clove garlic, minced (about ½ teaspoon)

1 teaspoon dried oregano

1 teaspoon dried thyme

¼ teaspoon crushed red pepper flakes

4 cups (32 ounces) low-sodium vegetable broth

1 (15-ounce) can no-salt-added great northern beans, drained and rinsed

1 (14.5-ounce) can no-salt-added diced tomatoes

½ cup uncooked pearled barley

1 (10- to 12-ounce) bag frozen chopped spinach

Directions

1. Heat a large saucepan or stockpot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, celery, and carrots. Cook until the onion is softened, about 5-7 minutes, stirring occasionally.
4. Add the garlic, oregano, thyme, and red pepper flakes. Cook and stir until fragrant, about 1 minute.
5. Add the broth, beans, diced tomatoes with their juice, and barley. Stir to combine.
6. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
7. Cover the pot with a lid and cook until the barley is tender, about 25-30 minutes (or 40-45 minutes if using hulled barley, also called hull-less barley).
8. Add the spinach and cook until thawed, about 2-4 minutes, stirring often.
9. Serve warm.

Nutrition Facts Per Serving: Calories: 335 | Total Fat: 6.5 g | Saturated Fat: 1 g
Sodium: 360 mg | Total Carbohydrate: 56 g | Dietary Fiber: 16.5 g | Protein: 17.5 g

For more recipes, please visit www.nutrition.va.gov

Italian White Bean and Kale Stew

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 5 servings | Serving Size: 2 cups

Ingredients

1 tablespoon olive oil

1 medium onion, diced (about 1 cup)

2 medium carrots, diced (about 1 cup)

6 cloves garlic, minced (about 1 tablespoon)

1 tablespoon Italian seasoning

½ teaspoon ground black pepper

1 pinch crushed red pepper flakes

4 cups (32 ounces) low-sodium vegetable broth

2 cups water

1 (12-ounce) bag frozen chopped kale (or 3 cups chopped fresh kale, about 1 bunch with stems removed)

2 (15-ounce) cans no-salt-added cannellini beans, drained and rinsed

½ cup uncooked instant (10-minute) brown rice

1 (14.5-ounce) can no-salt-added diced tomatoes

Directions

1. Heat a large saucepan or stockpot over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and carrots. Cook until softened and lightly browned, about 7-10 minutes, stirring often.
4. Add the garlic, Italian seasoning, black pepper, and red pepper flakes. Cook and stir until fragrant, about 1 minute.
5. Add the broth and water, followed by the kale, beans, and rice. Stir to combine.
6. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
7. Cover the pot with a lid and cook until the rice is tender, about 10-15 minutes.
8. Add the diced tomatoes with their juice. Stir to combine.
9. Serve warm.

Nutrition Facts Per Serving: Calories: 330 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 170 mg | Total Carbohydrate: 59.5 g | Dietary Fiber: 12.5 g | Protein: 15.5 g

For more recipes, please visit www.nutrition.va.gov

Stove-to-Oven Vegetable Frittata

Prep: 15 minutes | Cook: 45 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: 1 wedge

Ingredients

Nonstick cooking spray

1 tablespoon olive oil

1 medium bell pepper, diced (about 1 cup)

1 medium onion, diced (about 1 cup)

½ teaspoon salt

1 cup frozen chopped spinach

2 cups frozen shredded hash brown potatoes

8 eggs

½ cup lowfat (1%) milk

½ teaspoon ground black pepper

½ cup shredded cheese (e.g. cheddar, mozzarella, Mexican blend)

Directions

1. Preheat the oven to 375°F.
2. Spray the inside of a medium to large oven-safe skillet (e.g. cast-iron, stainless steel) with nonstick cooking spray, then place on the stovetop over medium-high heat.
3. Add the oil and heat until shimmering.
4. Add the bell pepper, onion, and salt. Cook until softened and lightly browned, about 6-8 minutes, stirring often.
5. Add the spinach and cook until thawed, about 5-7 minutes.
6. Add the potatoes. Stir to combine, then remove the pan from the heat and set aside.
7. In a large mixing bowl, whisk together the eggs, milk, and black pepper.
8. Add the egg mixture to the pan with the vegetables, then sprinkle the cheese over the top.
9. Bake until fully set and golden-brown, about 25-35 minutes.
10. Let cool for 5-10 minutes, then cut into four wedges and serve warm.

Recipe Notes

- If you don't have an oven-safe skillet, assemble the ingredients in step 8 in a greased 8x8-inch baking dish.

Nutrition Facts Per Serving: Calories: 290 | Total Fat: 17.5 g | Saturated Fat: 6.5 g
Sodium: 560 mg | Total Carbohydrate: 16 g | Dietary Fiber: 2.5 g | Protein: 18 g

For more recipes, please visit www.nutrition.va.gov

Three-Bean Chili

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 5 servings | Serving Size: 2 cups

Ingredients

1 tablespoon olive oil

2 medium bell peppers, diced (about 2 cups)

1 medium onion, diced (about 1 cup)

1 tablespoon chili powder

1 tablespoon ground cumin

1 teaspoon onion powder

1 teaspoon garlic powder

½ teaspoon ground black pepper

1 (28-ounce) can crushed tomatoes

1 (14.5-ounce) can diced tomatoes

1 (15-ounce) can no-salt-added kidney beans, drained and rinsed

1 (15-ounce) can no-salt-added black beans, drained and rinsed

1 (15-ounce) can no-salt-added pinto beans, drained and rinsed

1-2 teaspoons red pepper hot sauce, to taste (optional)

Directions

1. Heat a large saucepan or stockpot over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the bell pepper and onion. Cook until softened and starting to brown, about 5-7 minutes, stirring often.
4. Add the chili powder, cumin, onion powder, garlic powder, and black pepper. Cook and stir until fragrant, about 1 minute.
5. Add the crushed tomatoes and diced tomatoes with their juice, gently scraping the bottom of the pan to release any browned bits.
6. Add the kidney beans, black beans, and pinto beans. Stir to combine.
7. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
8. Cook uncovered until the flavors have blended, about 20-25 minutes.
9. Add the hot sauce (if using).
10. Serve warm.

Nutrition Facts Per Serving: Calories: 375 | Total Fat: 4.5 g | Saturated Fat: 0.5 g
Sodium: 415 mg | Total Carbohydrate: 67 g | Dietary Fiber: 23 g | Protein: 21.5 g

For more recipes, please visit www.nutrition.va.gov

Slow Cooker Moroccan Chickpea-Lentil Stew

Prep: 20 minutes | Cook: 6 hours | Total: 6 hours 20 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

2 cups (16 ounces) low-sodium vegetable broth

1 (15-ounce) can no-salt-added tomato sauce

1 tablespoon fresh grated ginger

4 cloves garlic, minced (about 2 teaspoons)

1 teaspoon ground turmeric

1 teaspoon ground cumin

1 teaspoon smoked paprika

½ teaspoon ground cinnamon

½ teaspoon ground black pepper

½ teaspoon salt

1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed

1 medium butternut squash, peeled and cubed (about 2½ cups, or one 15-ounce package)

1 medium bell pepper, diced (about 1 cup)

1 medium onion, diced (about 1 cup)

½ cup uncooked red lentils, picked through, rinsed

Directions

1. In the insert of a slow cooker, stir together the broth, tomato sauce, ginger, garlic, turmeric, cumin, paprika, cinnamon, black pepper, and salt.
2. Add the beans, butternut squash, bell pepper, onion, and lentils. Stir to combine.
3. Cover the slow cooker with the lid and set to cook on low for 6-8 hours or high for 3-4 hours.
4. Serve warm.

Nutrition Facts Per Serving: Calories: 295 | Total Fat: 3 g | Saturated Fat: 0.5 g
Sodium: 360 mg | Total Carbohydrate: 55 g | Dietary Fiber: 16.5 g | Protein: 16 g

For more recipes, please visit www.nutrition.va.gov

Sweet-and-Sour Chickpea Stir-Fry

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 5 servings | Serving Size: 1½ cups

Ingredients

1 tablespoon all-purpose flour or white whole-wheat flour

2 tablespoons white distilled vinegar or unseasoned rice vinegar

2 tablespoons reduced-sodium (lite) soy sauce

1 tablespoon olive oil

½ teaspoon garlic powder

2 (15-ounce) cans garbanzo beans (chickpeas), drained and rinsed

1 (15-ounce) bag frozen stir-fry vegetables, sauce packet removed if applicable (about 4 cups; can save sauce packet for another use)

1 (8-ounce) can crushed pineapple (or 1 cup from a 20-ounce can)

1 (8-ounce) can sliced water chestnuts, drained

Directions

1. In a small bowl, make a sauce by whisking together the flour, vinegar, soy sauce, oil, and garlic powder. Set aside.
2. Heat a large skillet or sauté pan over medium heat.
3. Add the sauce mixture and bring to a simmer. Cook and whisk until the mixture thickens, about 1-2 minutes.
4. Add the beans, stir-fry vegetables, pineapple with its juice, and water chestnuts.
5. Continue cooking until warmed through, about 4-6 minutes, stirring often.
6. Serve warm.

Nutrition Facts Per Serving: Calories: 320 | Total Fat: 5.5 g | Saturated Fat: 0.5 g
Sodium: 690 mg | Total Carbohydrate: 57.5 g | Dietary Fiber: 7.5 g | Protein: 13 g

For more recipes, please visit www.nutrition.va.gov

Poultry Recipes

Southwest Chicken Soup

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: ~2 cups

Ingredients

1 tablespoon olive oil

1 pound (16 ounces) boneless skinless chicken breast, cut into ½- to ¾-inch pieces

6 cloves garlic, minced (about 1 tablespoon)

1 tablespoon chili powder

2 teaspoons ground cumin

1 teaspoon dried oregano

½-1 teaspoon ground black pepper, to taste

¼-½ teaspoon cayenne, to taste

1 (12-ounce) bag frozen pepper and onion blend

1 (12-ounce) bag frozen mixed vegetables

4 cups (32 ounces) low-sodium chicken broth

2 (15-ounce) cans no-salt-added kidney beans, drained and rinsed

1 (14.5-ounce) can no-salt-added diced tomatoes

1 (10- to 12-ounce) bag frozen chopped spinach

Directions

1. Heat a large stockpot or Dutch oven over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the chicken. Cook and stir until lightly browned on all sides, about 2-3 minutes. It does not need to be cooked through at this point.
4. Add the garlic, chili powder, cumin, oregano, black pepper, and cayenne. Cook and stir until fragrant, about 1 minute.
5. Add the pepper and onion blend and the mixed vegetables. Stir to combine.
6. Add the broth, beans, and tomatoes with their juice.
7. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
8. Add the spinach and stir to combine.
9. Continue cooking until the flavors have blended and the chicken is cooked through (no longer pink, internal temperature of 165°F), about 10-15 minutes.
10. Serve warm.

Nutrition Facts Per Serving: Calories: 365 | Total Fat: 5 g | Saturated Fat: 1 g
Sodium: 210 mg | Total Carbohydrate: 40 g | Dietary Fiber: 13 g | Protein: 41 g

For more recipes, please visit www.nutrition.va.gov

Chicken Couscous Paella

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 3 servings | Serving Size: ~2 cups

Ingredients

1 tablespoon olive oil

1 medium bell pepper, diced (about 1 cup)

½ medium onion, diced (about ½ cup)

2 stalks celery, diced (about ½ cup)

½ cup frozen peas

3 cloves garlic, minced (about 1½ teaspoons)

½ teaspoon dried thyme

½ teaspoon fennel seed or dried dill

½ teaspoon ground black pepper

½ teaspoon sweet or smoked paprika

¼ teaspoon ground turmeric

2 large tomatoes, diced (about 3 cups)

¾ cup (6 ounces) low-sodium chicken broth

½ cup uncooked couscous (preferably whole-wheat, if available)

½ pound (8 ounces) chopped cooked chicken breast (about 1¼ cups)

Directions

1. Heat a skillet or sauté pan over medium-low heat.
2. Add the oil and heat until shimmering.
3. Add the bell pepper, onion, and celery. Cook until softened, about 5-7 minutes, stirring occasionally.
4. Add the peas, garlic, thyme, fennel seed or dill, black pepper, paprika, and turmeric. Cook and stir until fragrant, about 1 minute.
5. Add the tomatoes and broth. Stir to combine.
6. Bring to a simmer over medium-high heat.
7. Add the couscous and stir to combine.
8. Cover the pan with a lid and remove from heat. Let stand until the couscous is tender, about 5 minutes.
9. Stir in the chicken and let sit until heated through, about 2-3 minutes.
10. Fluff with a fork, then serve warm.

Nutrition Facts Per Serving: Calories: 345 | Total Fat: 7.5 g | Saturated Fat: 1 g
Sodium: 280 mg | Total Carbohydrate: 41.5 g | Dietary Fiber: 6 g | Protein: 27 g

For more recipes, please visit www.nutrition.va.gov

Slow Cooker Chicken Fajitas

Prep: 10 minutes | Cook: 3 hours | Total: 3 hours 10 minutes

Yield: 6 servings | Serving Size: 2 fajitas (filled tortillas with toppings)

Ingredients

1 (14.5-ounce) can no-salt-added diced tomatoes

2 (4-ounce) cans diced green chile peppers

2 medium bell peppers, cut into ¼-inch strips (about 4 cups)

1 medium onion, thinly sliced (about 2 cups)

4 (6- to 8-ounce) boneless skinless chicken breasts (about 2 pounds total)

2 tablespoons salt-free taco seasoning (store-bought or homemade)

12 (6-inch) whole-wheat tortillas

12 tablespoons (¾ cup) plain nonfat Greek yogurt, divided

12 tablespoons (¾ cup) shredded Mexican cheese blend, divided

Directions

1. In the insert of a slow cooker, stir together the tomatoes with their juice, green chiles, bell peppers, and onion.
2. Place the chicken breasts on top of the vegetable mixture, then sprinkle the chicken with the taco seasoning.
3. Cover the slow cooker with the lid and cook on low for 3-4 hours. Check the chicken for an internal temperature of at least 165°F.
4. Transfer the chicken to a clean cutting board or bowl. Let the chicken rest for 5 minutes, then shred with two forks. Transfer the chicken back to the slow cooker and stir to combine.
5. Using tongs and letting excess liquid drip away, divide the chicken mixture between the tortillas (about ½ cup each).
6. Top each filled tortilla with 1 tablespoon of the cheese and 1 tablespoon of the Greek yogurt.
7. Serve warm.

Recipe Notes

- For less sodium (~600 mg per serving), use corn tortillas or serve over rice and/or beans (drained, rinsed) instead.
- For less prep time, substitute 2 (10- to 12-ounce) bags of frozen peppers and onions for fresh. Add to the slow cooker when there is 30-45 minutes of cooking time left.

Nutrition Facts Per Serving: Calories: 515 | Total Fat: 12.5 g | Saturated Fat: 6 g
Sodium: 900 mg | Total Carbohydrate: 60.5 g | Dietary Fiber: 9.5 g | Protein: 41.5 g

For more recipes, please visit www.nutrition.va.gov

Mediterranean Chicken and Bulgur Risotto

Prep: 20 minutes | Cook: 40 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: ~2 cups

Ingredients

2 tablespoons olive oil, divided

1 pound (16 ounces) boneless skinless chicken breast, cut into ½- to ¾-inch pieces

1 medium onion, thinly sliced (about 2 cups)

1 medium bell pepper, diced (about 1 cup)

4 cloves garlic, peeled and thinly sliced (about 2 tablespoons; or about 2 teaspoons minced)

1 cup uncooked bulgur

½ teaspoon ground black pepper

½ teaspoon dried oregano

4 cups chopped kale (about 1 bunch, stems removed)

4 cups (32 ounces) low-sodium chicken broth, divided

2 tablespoons chopped fresh dill (about one 0.5-ounce package; or 2 teaspoons dried dill)

1-2 tablespoons lemon juice, to taste

1 cup crumbled feta, divided (about 4 ounces)

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add 1 tablespoon of the oil and heat until shimmering.
3. Add the chicken. Cook and stir until browned and cooked through (no longer pink, internal temperature of 165°F), about 3-5 minutes. Transfer to a clean plate and set aside.
4. Add the remaining 1 tablespoon of oil to the pan, along with the onion, bell pepper, and garlic. Cook and stir until softened and lightly browned, about 6-8 minutes.
5. Add the bulgur, black pepper, and oregano. Cook and stir until fragrant and toasted, about 2 minutes.
6. Add the kale and 2 cups of the broth. Stir to combine.
7. Bring to a boil over high heat, then reduce the heat to maintain a simmer. Cover with a lid and cook until the broth is absorbed, about 12-15 minutes.
8. Working with ½ cup at a time, add the remaining broth. Cook and stir until the broth is absorbed before adding more, about 5-7 minutes per broth addition.
9. Add the cooked chicken, along with the dill and lemon juice. Stir to combine and then serve warm, sprinkling each serving with ¼ cup of the feta.

Nutrition Facts Per Serving: Calories: 475 | Total Fat: 18 g | Saturated Fat: 8 g
Sodium: 600 mg | Total Carbohydrate: 43 g | Dietary Fiber: 8.5 g | Protein: 36.5 g

For more recipes, please visit www.nutrition.va.gov

Lemon Chicken and Vegetable Rice Bowls

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: 1½ cups

Ingredients

2 cups (16 ounces) low-sodium chicken broth

1 medium lemon, zested and juiced (about 1 teaspoon zest and ¼ cup juice)

3 tablespoons reduced-sodium (lite) soy sauce

1 pound (16 ounces) boneless skinless chicken breast, cut into ¾- to 1-inch pieces

2 teaspoons cornstarch

2 tablespoons canola or avocado oil, divided

8 ounces cremini (baby portabella) mushrooms, stems trimmed, quartered (about 3 cups)

2 medium carrots, peeled if desired, thinly sliced on the bias (diagonally; about 2 cups)

1 bunch scallions (green onions), thinly sliced

3 cloves garlic, minced (about 1½ teaspoons)

1 teaspoon grated fresh ginger

2 cups uncooked instant (10-minute) brown rice

2 cups snow peas, stems and strings removed (about 6 ounces)

Directions

1. In a medium mixing bowl, whisk together the broth, lemon zest, lemon juice, and soy sauce. Set aside.
2. Pat the chicken pieces dry with paper towels then sprinkle with the cornstarch, tossing to coat evenly. Set aside.
3. Heat a large saucepan or stockpot over medium-high heat. Add 1 tablespoon of the oil and heat until shimmering.
4. Add the chicken. Cook and stir until lightly browned, about 2-4 minutes. Transfer to a clean plate and set aside.
5. Return the pan to the stovetop over medium-high heat and add the remaining 1 tablespoon of oil.
6. Add the mushrooms, carrots, scallions, garlic, and ginger. Cook and stir until the mushrooms are browned and the carrots are just tender, about 2-3 minutes.
7. Add the broth mixture and rice. Stir to combine.
8. Bring to a simmer, then cover with a lid and cook until the rice is tender, about 10-15 minutes.
9. Add the chicken and snow peas. Cook and stir until warmed through and the snow peas are tender, about 3-4 minutes.
10. Serve warm.

Nutrition Facts Per Serving: Calories: 315 | Total Fat: 8 g | Saturated Fat: 0.5 g
Sodium: 525 mg | Total Carbohydrate: 37 g | Dietary Fiber: 4.5 g | Protein: 23.5 g

For more recipes, please visit www.nutrition.va.gov

White Chili

Prep: 15 minutes | Cook: 45 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: 2 cups

Ingredients

1 tablespoon olive oil

1 medium onion, diced (about 1 cup)

2 stalks celery, diced (about ½ cup)

3 medium poblano peppers or bell peppers, diced (about 3 cups)

1 pound (16 ounces) lean ground turkey or chicken (90% lean or higher)

1 clove garlic, minced (about ½ teaspoon)

1 teaspoon ground cumin

1 teaspoon ground coriander

¾ teaspoon dried oregano

¼-½ teaspoon cayenne, to taste

2 (15-ounce) cans no-salt-added white beans, drained and rinsed (e.g. cannellini, great northern)

4 cups (32 ounces) low-sodium chicken broth

¼ cup chopped fresh cilantro

1 lime, cut into wedges

Directions

1. Heat a large saucepan or stockpot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, celery, and peppers. Cook until softened, about 5-7 minutes, stirring often.
4. Add the ground turkey or chicken and cook until it is no longer pink, about 6-8 minutes, breaking it up into crumbles as it cooks.
5. Add the garlic, cumin, coriander, oregano, and cayenne. Cook and stir until fragrant, about 1-2 minutes.
6. Add the beans and broth. Stir to combine.
7. Bring to a boil over high heat, then reduce the heat to maintain a gentle simmer.
8. Cook uncovered until the flavors have blended, about 25-30 minutes
9. Add the cilantro and stir to combine.
10. Serve warm with the lime wedges, squeezing on juice to taste.

Nutrition Facts Per Serving: Calories: 480 | Total Fat: 14 g | Saturated Fat: 3 g
Sodium: 225 mg | Total Carbohydrate: 52.5 g | Dietary Fiber: 18.5 g | Protein: 36 g

For more recipes, please visit www.nutrition.va.gov

Sheet Pan Buffalo Chicken Quesadillas

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 1 quesadilla (tortilla with filling)

Ingredients

2 cups cauliflower florets, chopped into ¼- to ½-inch pieces

1 medium bell pepper, diced (about 1 cup)

1 medium onion, diced (about 1 cup)

1 tablespoon olive oil

¼ teaspoon cayenne

1 pound (16 ounces) lean ground chicken (90% lean or higher), crumbled into small pieces

2 tablespoons red pepper hot sauce

1 tablespoon lemon juice or vinegar (e.g. distilled white vinegar, apple cider vinegar)

4 (8- to 10-inch) whole-wheat tortillas

Nonstick cooking spray

2 cups shredded mozzarella cheese, divided

Directions

1. Preheat the oven to 450°F.
2. Add the cauliflower, bell pepper, onion, oil, cayenne, and ground chicken to a baking sheet. Toss to combine.
3. Bake until the chicken is no longer pink and the vegetables are tender, about 10-15 minutes. Remove the pan from the oven, then switch the oven to broil on high heat.
4. Use a slotted spoon or spatula to transfer the chicken mixture to a medium mixing bowl. Add the hot sauce and lemon juice or vinegar. Toss to combine.
5. Carefully wipe the baking sheet dry with paper towels. Lightly spray one side of each tortilla with nonstick cooking spray, then place in an even layer on the baking sheet.
6. Divide the chicken mixture between the tortillas (~1¼ cup each), then top each with ½ cup of the cheese. Fold the tortillas in half over the filling.
7. Broil until the cheese melted and the tortillas are browned and crispy, about 1-3 minutes on each side. Serve warm.

Recipe Notes

- Ground turkey or 2 cups of chopped cooked chicken (e.g. leftover, rotisserie, canned) can be substituted for the ground chicken, if desired. If using cooked chicken, add to the bowl in step 4.

Nutrition Facts Per Serving: Calories: 445 | Total Fat: 16 g | Saturated Fat: 5 g
Sodium: 855 mg | Total Carbohydrate: 39.5 g | Dietary Fiber: 6.5 g | Protein: 34.5 g

For more recipes, please visit www.nutrition.va.gov

Chicken Cauliflower Enchilada Skillet

Prep: 5 minutes | Cook: 25 minutes | Total: 30 minutes

Yield: 6 servings | Serving Size: 1¾ cups

Ingredients

1 tablespoon olive oil

1 pound (16 ounces) lean ground chicken (90% lean or higher)

2 (10- to 12-ounce) bags fresh or frozen cauliflower rice (about 4 cups)

1 cup uncooked instant (10-minute) brown rice

½ cup (4 ounces) low-sodium chicken broth

1 (10-ounce) can diced tomatoes with green chilies

1 (8-ounce) can no-salt-added tomato sauce

1 cup enchilada sauce (homemade or one 10-ounce can of store-bought enchilada sauce)

½ cup shredded cheddar cheese or cheddar cheese blend (e.g. Mexican blend, cheddar jack)

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the chicken and cook until it is no longer pink, about 6-8 minutes, breaking it into crumbles as it cooks.
4. Add the cauliflower rice, brown rice, broth, tomatoes with green chilies, tomato sauce, and enchilada sauce. Stir to combine.
5. Bring to a simmer over high heat, then reduce the heat to maintain a simmer.
6. Cover the pan with a lid and cook until the cauliflower rice and brown rice are tender, about 7-10 minutes.
7. Sprinkle with the cheese, then cover again with the lid.
8. Remove from the heat and let sit until the cheese is melted, about 2-4 minutes.
9. Serve warm.

Recipe Notes

- Try making your own cauliflower rice by adding fresh or frozen cauliflower florets to a food processor. Pulse or blend on low until small rice-like pieces form.
- Diced chicken breast, crumbled tofu, or another type of ground meat can be used in place of the ground chicken.

Nutrition Facts Per Serving: Calories: 325 | Total Fat: 10.5 g | Saturated Fat: 3 g
Sodium: 690 mg | Total Carbohydrate: 35.5 g | Dietary Fiber: 5 g | Protein: 23.5 g

For more recipes, please visit www.nutrition.va.gov

Ground Turkey-Sweet Potato Skillet

Prep: 20 minutes | Cook: 25 minutes | Total: 45 minutes

Yield: 4 servings | Serving Size: 1¾ cups

Ingredients

2 tablespoons olive oil

½ medium onion, diced (about ½ cup)

1 medium bell pepper, diced (about 1 cup)

1 pound (16 ounces) lean ground turkey (90% lean or higher)

2 garlic cloves, minced (about 1 teaspoon)

½ teaspoon ground black pepper

½ teaspoon ground coriander

¼ teaspoon salt

⅛-¼ teaspoon crushed red pepper flakes, to taste

1 large (14- to 16-ounce) sweet potato, peeled if desired, cut into ¼- to ½-inch pieces (about 3 cups)

1 (15-ounce) can no-salt-added black beans, drained and rinsed

½ cup water

1 cup shredded mozzarella cheese

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and bell pepper. Cook until softened and beginning to brown, about 7-10 minutes, stirring often.
4. Add the turkey, garlic, black pepper, coriander, salt, and red pepper flakes. Cook until the turkey is no longer pink, about 6-8 minutes, breaking it into crumbles as it cooks.
5. Add the sweet potato, beans, and water.
6. Bring to a simmer, then reduce the heat to maintain a gentle simmer.
7. Cover the pan with a lid and cook until the sweet potato is tender, about 8-12 minutes.
8. Sprinkle with the cheese, then cover again with the lid.
9. Remove from the heat and let sit until the cheese is melted, about 3-5 minutes.
10. Serve warm.

Nutrition Facts Per Serving: Calories: 530 | Total Fat: 19.5 g | Saturated Fat: 4.5 g Sodium: 285 mg | Total Carbohydrate: 50.5 g | Dietary Fiber: 18 g | Protein: 41 g

For more recipes, please visit www.nutrition.va.gov

Chicken Tortellini Soup

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 6 servings | Serving Size: ~2 cups

Ingredients

1 tablespoon olive oil

1 medium onion, diced (about 1 cup)

1 tablespoon Italian seasoning

1 teaspoon garlic powder

½ teaspoon ground black pepper

4 cups (32 ounces) low-sodium chicken broth

2 (14.5-ounce) cans no-salt-added diced tomatoes

10 ounces refrigerated cheese tortellini (one 10-ounce package or half of a 20-ounce package)

1 (10- to 12-ounce) bag frozen chopped spinach

1 pound (16 ounces) boneless skinless chicken breast, cut into ½- to ¾-inch pieces

1-2 cups water, based on desired consistency

1-2 tablespoons lemon juice, to taste

Directions

1. Heat a large saucepan or stockpot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion and cook until softened, about 5-7 minutes.
4. Add the Italian seasoning, garlic powder, and black pepper. Cook and stir until fragrant, about 1-2 minutes.
5. Add the broth and diced tomatoes with their juice, followed by the tortellini, spinach, and chicken. Stir to combine.
6. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
7. Cover with a lid and cook until the tortellini is tender and the chicken is cooked through (no longer pink, internal temperature of 165°F), about 10-15 minutes.
8. Add the water and lemon juice. Stir to combine.
9. Serve warm.

Recipe Notes

- If using a 20-ounce package of tortellini, the extra can be frozen in an airtight container for up to 2 months.

Nutrition Facts Per Serving: Calories: 325 | Total Fat: 11 g | Saturated Fat: 4 g
Sodium: 400 mg | Total Carbohydrate: 27.5 g | Dietary Fiber: 4 g | Protein: 29 g

For more recipes, please visit www.nutrition.va.gov

Cheesy Turkey and Bell Pepper Rice Bowl

Prep: 15 minutes | Cook: 40 minutes | Total: 55 minutes

Yield: 6 servings | Serving Size: ~2 cups

Ingredients

1 tablespoon olive oil

1 pound (16 ounces) lean ground turkey (90% lean or higher)

4 medium bell peppers, diced (about 4 cups)

1 large onion, diced (about 2 cups)

4 cloves garlic, minced (about 2 teaspoons)

1 tablespoon dried oregano

1 teaspoon ground cumin

½ teaspoon ground black pepper

¼ teaspoon cayenne

1½ cups uncooked instant (10-minute) brown rice

2 cups (16 ounces) low-sodium chicken broth

1 (14.5-ounce) can no-salt-added diced tomatoes

1 (8-ounce) can no-salt-added tomato sauce

2 tablespoons Worcestershire sauce

2 cups shredded Mexican cheese blend

Directions

1. Heat a large sauté pan or saucepan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the turkey, bell pepper, and onion. Cook until the vegetables are softened and the turkey is no longer pink, about 6-8 minutes, breaking the turkey up into crumbles as it cooks.
4. Add the garlic, oregano, cumin, black pepper, and cayenne. Cook and stir until fragrant, about 1 minute.
5. Add the rice, broth, diced tomatoes with their juice, tomato sauce, and Worcestershire sauce. Stir to combine.
6. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
7. Cover with a lid and cook until the rice is tender, about 10-15 minutes.
8. Add the cheese. Stir until combined and melted.
9. Serve warm.

Nutrition Facts Per Serving: Calories: 530 | Total Fat: 22.5 g | Saturated Fat: 10.5 g Sodium: 650 mg | Total Carbohydrate: 52 g | Dietary Fiber: 4 g | Protein: 30.5 g

For more recipes, please visit www.nutrition.va.gov

Italian Sausage and Bean Stew

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 2 servings | Serving Size: ~2 cups

Ingredients

1 teaspoon olive oil

2 links pre-cooked Italian chicken sausage, sliced or chopped (about 6 ounces)

1 medium onion, diced (about 1 cup)

4 cloves garlic, minced (about 2 teaspoons)

½ teaspoon dried basil

½ teaspoon dried oregano

½ teaspoon ground black pepper

1 pinch crushed red pepper flakes

1 (14.5-ounce) can fire-roasted diced tomatoes

½-1 cup water, based on desired consistency

1 (15-ounce) can no-salt-added great northern beans, drained and rinsed

1 cup frozen chopped spinach (or 4 cups fresh spinach, chopped if desired)

Directions

1. Heat a medium saucepan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the sausage and cook until browned, about 3-5 minutes, stirring often.
4. Add the onion and cook until softened, about 5-7 minutes, stirring often.
5. Add the garlic, basil, oregano, black pepper, and red pepper flakes. Cook and stir until fragrant, about 1-2 minutes.
6. Add the tomatoes with their juice and the water. Stir to combine, gently scraping the bottom of the pan to release any browned bits.
7. Bring to a boil over high heat, then reduce the heat to maintain a simmer. Cook uncovered for 7-10 minutes.
8. Add the beans and spinach. Stir to combine.
9. Cook until the spinach is thawed (or wilted if fresh), about 3-5 minutes.
10. Serve warm.

Recipe Notes

- Any remaining chicken sausage links can be frozen in an airtight container for up to 6 months.

Nutrition Facts Per Serving: Calories: 410 | Total Fat: 14.5 g | Saturated Fat: 3.5 g
Sodium: 815 mg | Total Carbohydrate: 46.5 g | Dietary Fiber: 14.5 g | Protein: 29.5 g

For more recipes, please visit www.nutrition.va.gov

Stovetop Chicken Divan

Prep: 15 minutes | Cook: 25 minutes | Total: 40 minutes

Yield: 6 servings | Serving Size: 1⅓ cups

Ingredients

1¼ cups lowfat (1%) milk

½ cup olive oil mayonnaise

3 tablespoons all-purpose flour or white whole-wheat flour

1½ teaspoons dry mustard

1 teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon dried thyme

¼ teaspoon ground black pepper

⅛ teaspoon celery seed

8 ounces uncooked egg noodles (about 5 cups; preferably whole-wheat, if available)

2 cups (16 ounces) low-sodium chicken broth

1 pound (16 ounces) boneless skinless chicken breast, cut into ½- to ¾-inch pieces

1 (16-ounce) bag frozen broccoli florets

1½ cups shredded Colby jack or cheddar cheese

Directions

1. In a large skillet or sauté pan, whisk together the milk, mayonnaise, flour, dry mustard, garlic powder, onion powder, thyme, black pepper, and celery seed.
2. Add the noodles, broth, chicken, and broccoli. Stir to combine.
3. Set the pan over medium-high heat and bring to a simmer, then reduce the heat to maintain a gentle simmer.
4. Cover the pan with a lid and cook until the noodles are tender and the chicken is cooked through (no longer pink, internal temperature of 165°F), about 10-15 minutes.
5. Sprinkle with the cheese, then cover again with the lid.
6. Remove from the heat and let sit until the cheese is melted, about 4-6 minutes.
7. Serve warm.

Nutrition Facts Per Serving: Calories: 510 | Total Fat: 20 g | Saturated Fat: 7.5 g
Sodium: 435 mg | Total Carbohydrate: 49.5 g | Dietary Fiber: 6.5 g | Protein: 34.5 g

For more recipes, please visit www.nutrition.va.gov

Braised Chicken and Vegetable Skillet

Prep: 15 minutes | Cook: 1 hour | Total: 1 hour 15 minutes

Yield: 4 servings | Serving Size: 1 chicken thigh with ~2 cups of the vegetables

Ingredients

½ teaspoon ground black pepper

¼ teaspoon salt

4 (4- to 6-ounce) bone-in chicken thighs, skins removed (about 1½ pounds total)

1 tablespoon olive oil

3 medium carrots, peeled if desired, cut into ½- to ¾-inch-thick slices (about 3 cups)

2 medium (6- to 8-ounce) potatoes, cut into ½- to ¾-inch pieces (about 1 pound total; about 2 cups)

1 medium onion, thinly sliced (about 2 cups)

1 cup (8 ounces) low-sodium chicken broth

1 teaspoon dried thyme

1 pound fresh or frozen green beans, ends trimmed and cut into 1- to 2-inch pieces if fresh (about 3 cups)

Directions

1. In a small dish, stir together the black pepper and salt.
2. Pat the chicken thighs dry with paper towels, then rub with the oil and sprinkle with the seasoning mixture.
3. Heat a large stockpot or Dutch oven over medium-high heat.
4. Add the chicken thighs and cook until well-browned, about 4-5 minutes on each side.
5. Add the carrots, potatoes, onion, broth, and thyme. Toss to combine then move the chicken thighs to the top.
6. Bring to a simmer over medium-high heat, then reduce the heat to maintain a gentle simmer.
7. Cover the pan with a lid and cook for 25-30 minutes. If the lid does not fit tightly, lay a piece of aluminum foil over the mouth of the pan and set the lid on top.
8. Add the green beans, then cover again with the lid.
9. Continue cooking until the chicken is cooked through (internal temperature of 175°F) and the vegetables are tender, about 10-15 minutes.
10. Serve warm.

Nutrition Facts Per Serving: Calories: 405 | Total Fat: 10.5 g | Saturated Fat: 2 g
Sodium: 410 mg | Total Carbohydrate: 40 g | Dietary Fiber: 10 g | Protein: 39 g

For more recipes, please visit www.nutrition.va.gov

Beef Recipes

Walnut Chili Mac

Prep: 10 minutes | Cook: 45 minutes | Total: 55 minutes

Yield: 5 servings | Serving Size: 2 cups without optional toppings

Ingredients

1 tablespoon olive oil

1 medium onion, diced (about 1 cup)

1 pound (16 ounces) lean ground beef (90% lean or higher)

1 cup chopped walnuts

1 tablespoon chili powder

1 teaspoon garlic powder

3 cups water

1 cup salsa (store-bought or homemade)

3 medium tomatoes, diced (about 3 cups)

1 (15-ounce) can no-salt-added great northern beans, drained and rinsed

8 ounces uncooked whole-grain short pasta (e.g. elbows, orzo, small shells, rotini; half of a 16-ounce box)

Optional toppings: Cheese, scallions (green onions)

Directions

1. Heat a large saucepan or stockpot over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and ground beef. Cook until the onion is softened and the ground beef is no longer pink, about 5-7 minutes, breaking the beef into crumbles as it cooks.
4. Add the walnuts, chili powder, and garlic powder. Cook and stir until fragrant, about 2-3 minutes.
5. Add the water, salsa, tomatoes, and beans. Stir to combine.
6. Bring to a boil over high heat and add the pasta, then reduce the heat to maintain a gentle simmer.
7. Cover the pot with a lid and cook until the pasta is tender, about 15-20 minutes.
8. Serve warm, adding toppings as desired.

Nutrition Facts Per Serving: Calories: 660 | Total Fat: 30 g | Saturated Fat: 5.5 g
Sodium: 405 mg | Total Carbohydrate: 58.5 g | Dietary Fiber: 13 g | Protein: 42.5 g

For more recipes, please visit www.nutrition.va.gov

Cheesy Beef and Pasta Skillet

Prep: 15 minutes | Cook: 35 minutes | Total: 50 minutes

Yield: 5 servings | Serving Size: 1½ cups

Ingredients

1 pound (16 ounces) lean ground beef (90% lean or higher)

8 ounces mushrooms, chopped (about 2 cups)

1 medium onion, diced (about 1 cup)

½ teaspoon salt

1 teaspoon dried oregano

1 teaspoon garlic powder

1 teaspoon sweet or smoked paprika

½ teaspoon chili powder

½ teaspoon ground black pepper

2 cups lowfat (1%) milk

1 cup water

4 ounces uncooked whole-wheat short pasta (e.g. elbows, shells; a quarter of a 16-ounce box)

1 (10- to 12-ounce) bag frozen chopped broccoli

1 cup shredded cheddar jack cheese

2 tablespoons plain nonfat Greek yogurt

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the beef, mushrooms, onion, and salt. Cook until the onions are softened and the beef is no longer pink, about 7-10 minutes, breaking the beef into crumbles as it cooks.
3. Add the oregano, garlic powder, paprika, chili powder, and black pepper. Cook and stir until fragrant, about 1 minute.
4. Add the milk, water, and pasta. Stir to combine.
5. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
6. Cover the pan with a lid and cook until the pasta is tender, about 15-20 minutes, stirring after 10 minutes and then covering again with the lid
7. Add the broccoli, cheese, and yogurt. Stir to combine.
8. Cook and stir until warmed through and the cheese is melted, about 2-4 minutes.
9. Serve warm.

Nutrition Facts Per Serving: Calories: 405 | Total Fat: 14.5 g | Saturated Fat: 6 g
Sodium: 425 mg | Total Carbohydrate: 30.5 g | Dietary Fiber: 6.5 g | Protein: 37.5 g

For more recipes, please visit www.nutrition.va.gov

Rustic Beef Lasagna Soup

Prep: 15 minutes | Cook: 25 minutes | Total: 40 minutes

Yield: 6 servings | Serving Size: ~1½ cups

Ingredients

1 tablespoon olive oil

1 large onion, diced (about 2 cups)

1 pound (16 ounces) lean ground beef (90% lean or higher)

1 tablespoon dried oregano

2 cloves garlic, minced (about 1 teaspoon)

4 cups (32 ounces) low-sodium chicken broth

1 (14.5-ounce) can no-salt-added diced tomatoes

1 (15-ounce) can tomato sauce

8 ounces whole-grain lasagna noodles, broken into ½- to 1-inch pieces (about 8-10 noodles)

12 tablespoons (¾ cup) lowfat ricotta, divided

Directions

1. Heat a large saucepan or stockpot over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and cook, stirring often, until the onion is softened and lightly browned, about 4-6 minutes.
4. Add the beef, oregano, and garlic. Cook until the beef is browned and almost fully cooked, about 3-5 minutes.
5. Add the broth, diced tomatoes with their juice, and tomato sauce.
6. Bring to a boil over high heat, then add the lasagna noodles.
7. Continue cooking at a boil until the noodles are tender but still a little chewy (al dente), about 10-12 minutes.
8. Serve warm, topping each serving with 2 tablespoons of the ricotta.

Recipe Notes

- Leftovers can be stored in the refrigerator for up to 4 days or in the freezer for up to 3 months. The noodles may soak up more of the liquid as the soup sits in the refrigerator.
- For a boost in vegetables, consider adding a cup or two of spinach or pureed cooked carrots.

Nutrition Facts Per Serving: Calories: 425 | Total Fat: 14 g | Saturated Fat: 4.5 g
Sodium: 230 mg | Total Carbohydrate: 46 g | Dietary Fiber: 8 g | Protein: 26.5 g

For more recipes, please visit www.nutrition.va.gov

Unstuffed Cabbage Rolls

Prep: 15 minutes | Cook: 1 hour | Total: 1 hour 15 minutes

Yield: 4 servings | Serving Size: ~2 cups

Ingredients

1 tablespoon olive oil

1 pound (16 ounces) lean ground beef (90% lean or higher)

1 large onion, diced (about 2 cups)

1 cup uncooked brown rice

6 cloves garlic, minced (about 1 tablespoon)

½ teaspoon ground black pepper

½ teaspoon salt

2 (14.5-ounce) cans no-salt-added diced tomatoes

1 (15-ounce) can tomato sauce

½ cup water

4 cups chopped or shredded cabbage (about 1 pound)

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the beef and onion. Cook until the onion is softened and the beef is no longer pink, about 6-8 minutes, breaking the beef up into crumbles as it cooks.
4. Add the rice, garlic, black pepper, and salt. Cook and stir until fragrant, about 2-3 minutes.
5. Add the tomatoes with their juice, tomato sauce, water, and cabbage. Stir to combine.
6. Bring to a simmer over high heat, then reduce the heat to maintain a simmer.
7. Cover the pan with a lid and cook until the rice and cabbage are tender, about 35-45 minutes.
8. Serve warm.

Recipe Notes

- If the mixture is too thick for your preference after cooking, add water to adjust the consistency.
- This recipe will keep in the refrigerator for up to 4 days or in the freezer for up to 3 months.

Nutrition Facts Per Serving: Calories: 555 | Total Fat: 19 g | Saturated Fat: 6 g
Sodium: 450 mg | Total Carbohydrate: 55 g | Dietary Fiber: 6 g | Protein: 39 g

For more recipes, please visit www.nutrition.va.gov

Sheet Pan Mini Meatloaves with Vegetables

Prep: 15 minutes | Cook: 25 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 1 meatloaf with 1¼ cups of the vegetables

Ingredients

1 tablespoon onion powder

2 teaspoons garlic powder

1 teaspoon sweet or smoked paprika

½ teaspoon salt

½ teaspoon ground black pepper

5 tablespoons ketchup (~⅓ cup), divided

½ cup panko breadcrumbs

½ teaspoon dried thyme

1 tablespoon Worcestershire sauce

1 egg, lightly beaten

1 pound (16 ounces) lean ground beef (90% lean or higher)

¼ cup olive oil

1 pound (16 ounces) baby carrots

1 pound (16 ounces) frozen diced hash brown potatoes (half of a 32-ounce bag; about 4 cups)

1 tablespoon packed brown sugar

Directions

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper or aluminum foil and set aside.
2. In a small bowl, stir together the onion powder, garlic powder, paprika, salt, and black pepper.
3. Add 1 tablespoon of the seasoning mixture and 2 tablespoons of the ketchup to a large bowl, along with the panko, thyme, Worcestershire sauce, egg, and beef. Knead to combine.
4. Divide the beef mixture into four portions (~⅔ cup each) and place on the prepared baking sheet. Shape each portion into a small loaf, each about 4 inches long and 2 inches wide.
5. Add the remaining seasoning mixture to the large bowl, along with the oil, carrots, and potatoes. Toss to combine, then transfer to the baking sheet. Spread into an even layer around the meatloaves.
6. In the small bowl, stir together the brown sugar and remaining 3 tablespoons of ketchup. Divide the mixture between the meatloaves (~1 tablespoon each), spreading to coat each loaf.
7. Bake until the carrots are fork-tender and the meatloaves are cooked through (internal temperature of 160°F), about 20-25 minutes. Serve warm.

Nutrition Facts Per Serving: Calories: 480 | Total Fat: 25 g | Saturated Fat: 6.5 g
Sodium: 745 mg | Total Carbohydrate: 37 g | Dietary Fiber: 5 g | Protein: 28 g

For more recipes, please visit www.nutrition.va.gov

Slow Cooker Southwestern Stuffed Peppers

Prep: 10 minutes | Cook: 6 hours | Total: 6 hours 10 minutes

Yield: 6 servings | Serving Size: 1 stuffed pepper

Ingredients

½ cup water

1 (15-ounce) can no-added-salt black beans, drained and rinsed

1 cup uncooked quinoa, rinsed

1 cup shredded cheese (e.g. cheddar, Mexican blend, mozzarella)

2 tablespoons tomato paste

1 tablespoon chili powder

2 teaspoons onion powder

1 teaspoon garlic powder

1 teaspoon ground cumin

½ teaspoon sweet or smoked paprika

½ teaspoon dried oregano

½ teaspoon salt

1 pound (16 ounces) lean ground beef (90% lean or higher)

6 medium to large bell peppers

Directions

1. Pour the water into the insert of a slow cooker. Set aside.
2. In a large mixing bowl, stir together the beans, quinoa, cheese, tomato paste, chili powder, onion powder, garlic powder, cumin, paprika, oregano, and salt.
3. Add the ground beef, breaking it up into crumbles and tossing to combine. Set aside.
4. Cut the tops off of the bell peppers. Set the tops aside but do not throw them away.
5. Use a spoon to scrape out the seeds and ribs (light-colored membranes) from the inside of each bell pepper.
6. Divide the beef-quinoa mixture between the bell peppers, packing it down to fit as needed.
7. Lower the stuffed peppers into the pot of the slow cooker, with the open sides of the peppers facing up.
8. Place the bell pepper tops on the stuffed peppers to cover the openings.
9. Cover the slow cooker with the lid and set to cook on low for 6 hours or on high for 3 hours.
10. Serve warm.

Nutrition Facts Per Serving: Calories: 405 | Total Fat: 13 g | Saturated Fat: 4.5 g
Sodium: 300 mg | Total Carbohydrate: 42.5 g | Dietary Fiber: 9 g | Protein: 31 g

For more recipes, please visit www.nutrition.va.gov

Pressure Cooker Spaghetti with Meat Sauce

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 6 servings | Serving Size: ~2 cups

Ingredients

1 pound (16 ounces) lean ground beef (90% lean or higher)

1 large onion, diced (about 2 cups)

4 cloves garlic, minced (about 2 teaspoons)

2 cups water

1½ cups marinara sauce (homemade or store-bought)

1 (14.5-ounce) can no-salt-added diced tomatoes

1 (14.5-ounce) can crushed tomatoes

1 tablespoon Italian seasoning

1 tablespoon red wine vinegar

¼ teaspoon crushed red pepper flakes (optional)

8 ounces whole-grain spaghetti, broken in half or thirds to fit into the pressure cooker (half of a 16-ounce box)

Directions

1. Heat the pot of a stovetop pressure cooker over medium-high heat or heat an electric pressure cooker on high heat sauté.
2. Add the beef, onion, and garlic. Cook until the beef is browned and the onion is softened, about 6-8 minutes.
3. Add the water. Scrape up any browned bits with a spatula.
4. Add the marinara, diced tomatoes, crushed tomatoes, Italian seasoning, vinegar, and red pepper flakes (if using). Stir to combine.
5. Add the spaghetti but do not stir it into the liquid.
6. Lock the lid of the pressure cooker in place and close the valve. For a stovetop pressure cooker, bring to pressure over high heat and then reduce to low heat. Set an electric pressure cooker to high pressure. Cook for 6 minutes, with the time starting after the pressure has built up.
7. Turn off the heat and turn the pressure valve to vent to release the pressure. Once the pressure is completely released, carefully open the lid, allowing the steam to escape away from you.
8. Serve warm.

Nutrition Facts Per Serving: Calories: 380 | Total Fat: 10 g | Saturated Fat: 3.5 g
Sodium: 455 mg | Total Carbohydrate: 48 g | Dietary Fiber: 9 g | Protein: 24 g

For more recipes, please visit www.nutrition.va.gov

Italian Pasta Skillet

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: ~1⅔ cups without optional toppings

Ingredients

1 pound (16 ounces) lean ground beef (90% lean or higher)

1 tablespoon olive oil

8 ounces mushrooms, roughly chopped (about 3 cups)

1 medium bell pepper, diced (about 1 cup)

1 (24-ounce) jar marinara or pasta sauce (or 3 cups homemade marinara sauce)

2 cups water

8 ounces uncooked whole-wheat pasta (half of a 16-ounce box)

1 cup shredded mozzarella or mozzarella cheese blend (e.g. Italian blend, pizza blend)

1 cup frozen chopped spinach (or 4 cups fresh spinach, chopped if desired)

Optional toppings: Basil, parmesan

Directions

1. Heat a large saucepan or stockpot over medium-high heat.
2. Add the ground beef and cook until it is no longer pink, about 6-8 minutes, breaking it up into crumbles as it cooks.
3. Add the oil and heat until shimmering.
4. Add the mushrooms and bell pepper. Cook until tender and beginning to brown, about 5-7 minutes, stirring often.
5. Add the marinara or pasta sauce and the water. Stir to combine.
6. Increase the heat to high and bring to a boil. Add the pasta and stir to combine, then reduce the heat to maintain a simmer.
7. Cover the pot with a lid and cook until the pasta is tender, about 15-20 minutes.
8. Add the spinach and cook until thawed (or wilted if fresh), about 2-4 minutes, stirring often.
9. Remove the pan from the heat and add the cheese. Cook and stir until the cheese is melted, about 2-3 minutes.
10. Serve warm, adding toppings as desired.

Nutrition Facts Per Serving: Calories: 360 | Total Fat: 11.5 g | Saturated Fat: 3.5 g Sodium: 540 mg | Total Carbohydrate: 32.5 g | Dietary Fiber: 6 g | Protein: 30.5 g

For more recipes, please visit www.nutrition.va.gov

Pork Recipes

Slow Cooker Sweet-and-Sour Pork Bowl

Prep: 30 minutes | Cook: 5 hours | Total: 5 hours 30 minutes

Yield: 8 servings | Serving Size: ~2 cups

Ingredients

¾ cup packed brown sugar

1 cup (8 ounces) 100% apple juice

½ cup water

½ cup apple cider vinegar

¼ cup reduced-sodium (lite) soy sauce

1 (2½- to 3-pound) pork loin

2 (15-ounce) bags frozen stir-fry vegetables, sauce packets removed if applicable (about 8 cups; can save the sauce packets for another use)

2 cups uncooked instant (10-minute) brown rice

Directions

1. Add the brown sugar, apple juice, water, apple cider vinegar, and soy sauce to the insert of a slow cooker. Whisk to combine.
2. Add the pork loin with the fat cap (white layer) facing up.
3. Cover the slow cooker with the lid and cook on low for 4 hours (check for an internal temperature of 145°F).
4. Transfer the pork loin to a clean cutting board and let rest for 10-15 minutes, then cut into bite-sized pieces.
5. Add the pork back to the slow cooker, along with the stir-fry vegetables and rice. Toss to combine.
6. Cover again with the lid and continue cooking on low until the vegetables are thawed and the rice is tender, about 45-60 minutes.
7. Serve warm.

Nutrition Facts Per Serving: Calories: 525 | Total Fat: 17 g | Saturated Fat: 6 g
Sodium: 540 mg | Total Carbohydrate: 56.5 g | Dietary Fiber: 2.5 g | Protein: 34 g

For more recipes, please visit www.nutrition.va.gov

Barbecue Pork Sheet Pan Dinner

Prep: 15 minutes | Cook: 35 minutes | Total: 50 minutes

Yield: 2 servings | Serving Size: 1 pork chop with 1 cup of the vegetable mixture

Ingredients

1 medium (8- to 10-ounce) sweet potato, cut into ¼- to ½-inch pieces (about 2 cups)

½ pound Brussels sprouts, trimmed and halved lengthwise (quartered if wider than 1 inch; about 2 cups)

1 tablespoon salt-free steak seasoning or other salt-free seasoning blend (see Recipe Notes)

2 tablespoons olive oil

2 (4- to 5-ounce) pork chops, about ½-inch thick (about ½ pound total)

2 tablespoons barbecue sauce

Directions

1. Preheat the oven to 350°F. Line a baking sheet with aluminum foil and set aside.
2. In a large mixing bowl, toss together the sweet potato pieces, Brussels sprouts, steak seasoning, and oil.
3. Transfer the mixture to the prepared baking sheet and spread into an even layer.
4. Pat the pork chops dry with paper towels, then coat on both sides with the barbecue sauce. Place on the baking sheet between the vegetable mixture.
5. Bake until the pork chops are cooked through (internal temperature of 145°F), about 17-20 minutes for boneless or 22-25 minutes for bone-in. Transfer the pork chops to a clean plate, then cover with foil and set aside.
6. Return the vegetables to the oven and continue baking until tender, about 10-15 minutes. Serve warm.

Recipe Notes

- To make your own salt-free steak seasoning, mix together the following (makes 7 tablespoons): 1 tablespoon sweet or smoked paprika, 1 tablespoon whole black peppercorns (crushed; or 1 tablespoon ground black pepper), 1 tablespoon dried dill, 1 tablespoon crushed red pepper flakes, 1 tablespoon onion powder, 1 tablespoon garlic powder, 1 tablespoon ground coriander, 1 teaspoon dry mustard

Nutrition Facts Per Serving: Calories: 450 | Total Fat: 19.5 g | Saturated Fat: 3.5 g
Sodium: 310 mg | Total Carbohydrate: 42.5 g | Dietary Fiber: 8.5 g | Protein: 30.5 g

For more recipes, please visit www.nutrition.va.gov

Egg Roll-Inspired Pork Noodle Bowl

Prep: 20 minutes | Cook: 25 minutes | Total: 45 minutes

Yield: 4 servings | Serving Size: 1 bowl

Ingredients

8 ounces uncooked rice noodles (half of a 16-ounce package)

Water

2 tablespoons toasted sesame oil

½ cup diced onion (about ½ medium onion)

5 scallions (green onions), thinly sliced, white and green parts separated

1 pound (16 ounces) ground pork

1 tablespoon sriracha or garlic chili sauce

3 cloves garlic, minced (about 1½ teaspoons)

½ teaspoon ground dried ginger (or 2 teaspoons grated fresh ginger)

1 (14- to 16-ounce) bag coleslaw mix (about 6 cups)

3 tablespoons reduced-sodium (lite) soy sauce

1 tablespoon unseasoned rice vinegar

2 tablespoons toasted sesame seeds (optional)

Directions

1. Add the noodles to a heat-resistant large mixing bowl and cover with very hot water from the tap. Stir to separate the noodles. Let soak for 25 minutes, then drain and set aside.
2. While the noodles are soaking, heat a large skillet or sauté pan over medium heat.
3. Add the sesame oil and heat until shimmering.
4. Add the onion and the white portion of the scallions. Cook until softened, about 5-7 minutes, stirring often.
5. Add the pork, sriracha or garlic chili sauce, garlic, and ginger. Cook until the pork is no longer pink, about 6-8 minutes, breaking it up into crumbles as it cooks.
6. Add the soaked noodles, coleslaw mix, soy sauce, and vinegar. Cook until the noodles and coleslaw mix are tender, about 5-7 minutes, tossing often with tongs or a pasta fork.
7. Add the green portion of the scallions and stir to combine.
8. Divide the mixture between four bowls (~2 cups in each) and serve warm, sprinkling each with ½ tablespoon of the toasted sesame seeds (if using).

Nutrition Facts Per Serving: Calories: 515 | Total Fat: 19 g | Saturated Fat: 5.5 g
Sodium: 455 mg | Total Carbohydrate: 55.5 g | Dietary Fiber: 4 g | Protein: 28.5 g

For more recipes, please visit www.nutrition.va.gov

Slow Cooker Apple Pork Tenderloin

Prep: 20 minutes | Cook: 3 hours | Total: 3 hours 20 minutes

Yield: 8 servings | Serving Size: 1 slice of pork with ~1 cup of the vegetable mixture

Ingredients

2 tablespoons reduced-sodium (lite) soy sauce

2 tablespoons honey or maple syrup

1 tablespoon balsamic vinegar

1 tablespoon Dijon mustard

2 teaspoons ground cinnamon

1 teaspoon ground black pepper

4 cloves garlic, minced (about 2 teaspoons)

2 pounds (32 ounces) baby carrots

8 medium (4- to 6-ounce) red potatoes, cut into ½- to ¾-inch chunks (about 2 pounds total)

½ cup water

1 (2- to 2½-pound) pork tenderloin

1 medium apple, peeled if desired, cored and thinly sliced (about 2 cups)

Directions

1. In a small bowl, make a glaze by whisking together the soy sauce, honey or maple syrup, vinegar, mustard, cinnamon, black pepper, and garlic. Set aside.
2. Add the carrots, potatoes, and water to the insert of a slow cooker. Set aside.
3. Pat the pork tenderloin dry with paper towels.
4. Using a paring knife, make a series of shallow cuts going crosswise (short direction) across the whole length of the pork tenderloin.
5. Place the pork tenderloin on top of the vegetable mixture in the slow cooker. Brush or drizzle with the glaze mixture.
6. Fill each cut in the pork tenderloin with an apple slice. Scatter any remaining apple slices over the top.
7. Cover the slow cooker with the lid and cook on low for 3 hours (check the pork for an internal temperature of 145°F).
8. Transfer the pork tenderloin to a clean cutting board and let rest for 10-15 minutes, then cut into eight slices.
9. Serve warm.

Nutrition Facts Per Serving: Calories: 310 | Total Fat: 4 g | Saturated Fat: 1.5 g
Sodium: 290 mg | Total Carbohydrate: 35 g | Dietary Fiber: 6 g | Protein: 32.5 g

For more recipes, please visit www.nutrition.va.gov

Pork and Vegetable Fried Rice

Prep: 20 minutes | Cook: 15 minutes | Total: 35 minutes

Yield: 3 servings | Serving Size: 2 cups

Ingredients

Nonstick cooking spray

2 eggs, lightly beaten

2 teaspoons canola or avocado oil, divided

½ pound (8 ounces) boneless pork loin or pork tenderloin, cut into ½-inch strips or cubes

1 pound fresh vegetables, cut into ½-inch slices or chunks (about 3 cups, one type or a combination; e.g. bell pepper, onion, snow peas, asparagus, carrot, mushrooms)

1 tablespoon grated fresh ginger

2 cloves garlic, minced (about 1 teaspoon)

2 cups cooked brown rice (or one 8.8-ounce package microwavable brown rice)

2 tablespoons reduced-sodium (lite) soy sauce

2 tablespoons unseasoned rice vinegar

1 teaspoon toasted sesame oil

½-1 teaspoon red pepper hot sauce, to taste (optional)

Directions

1. Coat the inside of a large nonstick wok, skillet, or sauté pan with nonstick cooking spray and place over medium heat.
2. Add the eggs. Cook and stir gently until just set, about 1-2 minutes. Transfer to a medium bowl and set aside.
3. Add 1 teaspoon of the canola or avocado oil to the pan and increase the heat to medium-high.
4. Add the pork and cook until browned on all sides, about 3-5 minutes, stirring often. Transfer to the bowl with the eggs and set aside. Return the pan to medium-high heat.
5. Add the remaining 1 teaspoon of canola or avocado oil to the pan, along with the selected vegetables, ginger, and garlic. Cook and stir until the vegetables are tender but still crisp, about 3-6 minutes.
6. Add the cooked rice, soy sauce, and vinegar. Cook until the liquid is absorbed, about 1-2 minutes.
7. Add the cooked eggs and pork, along with the sesame oil and hot sauce (if using). Toss to combine and cook until warmed through, about 2-3 minutes.
8. Serve warm.

Nutrition Facts Per Serving: Calories: 375 | Total Fat: 17.5 g | Saturated Fat: 5.5 g
Sodium: 675 mg | Total Carbohydrate: 32 g | Dietary Fiber: 3 g | Protein: 24.5 g

For more recipes, please visit www.nutrition.va.gov

Island-Style Pork and Vegetable Kebabs

Prep: 20 minutes | Chill: 1 hour | Cook: 20 minutes | Total: 1 hour 40 minutes

Yield: 5 servings | Serving Size: 3 kebabs

Ingredients

2 tablespoons olive oil

2 tablespoons lite (reduced-sodium) soy sauce

1 tablespoon unseasoned rice vinegar

1 tablespoon honey or packed brown sugar

½ teaspoon ground black pepper

1 pineapple, cut into ¾- to 1-inch chunks (about 4 cups)

2 zucchini, cut into ¾- to ½- to ¾-inch slices (about 4 cups)

2 medium bell peppers, cut into ¾- to 1-inch squares (about 3 cups)

8 ounces cremini or white button mushrooms, stems trimmed, halved (about 3 cups)

½ medium onion, cut into ¾- to 1-inch chunks and layers separated (about 1 cup)

1 (1½- to 2-pound) pork tenderloin, patted dry, cut into 1- to 1½-inch chunks

Water

Directions

1. In a large mixing bowl, whisk together the oil, soy sauce, vinegar, honey or brown sugar, and black pepper.
2. Add the pineapple, zucchini, bell peppers, mushrooms, onion, and pork tenderloin. Toss to combine, then transfer the mixture to one or two gallon-size ziptop plastic bags. Seal tightly, squeezing out as much air as possible.
3. Set the bag(s) in the bowl and place in the refrigerator to marinate for at least 1 hour, up to overnight.
4. Preheat the oven to 400°F and gather fifteen skewers.
5. If using wooden skewers, place them in a rimmed baking sheet and cover with warm tap water. Soak for 10 minutes, then remove from the water. Drain the water and wipe the pan dry. If using metal skewers, skip this step.
6. Divide the pork, vegetables, and pineapple between the skewers to make kebabs, then place on two baking sheets (can include the one used previously). Discard the bag(s) with the leftover used marinade.
7. Bake until the pork is cooked through (internal temperature of 145°F) and the vegetables are tender, about 18-22 minutes. Serve warm.

Nutrition Facts Per Serving: Calories: 345 | Total Fat: 11 g | Saturated Fat: 2.5 g
Sodium: 435 mg | Total Carbohydrate: 30 g | Dietary Fiber: 4 g | Protein: 34 g

For more recipes, please visit www.nutrition.va.gov

Veggie-Loaded Barbecue Pork Sandwiches

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 6 servings | Serving Size: 1 sandwich

Ingredients

Water

1 pound (16 ounces) boneless pork chops

1 tablespoon olive oil

1 (14- to 16-ounce) bag coleslaw mix (about 10 cups)

½ cup barbecue sauce

6 whole-wheat hamburger buns

Directions

1. Fill a large sauté pan or skillet about halfway with water. Bring to a boil over high heat, then reduce the heat to maintain a bare simmer (some steam, very little bubbling).
2. Carefully place the pork chops in the water. Cover the pan with a lid and cook until cooked through (internal temperature of 145°F), about 10-15 minutes.
3. Transfer the pork chops to a clean plate. Let cool slightly, then cut or shred into small pieces (see Recipe Notes). Set aside.
4. Drain the water from the pan, then place back over medium heat. Once it is dry, add the oil and heat until shimmering.
5. Add the coleslaw mix. Cook until very soft and wilted, about 7-10 minutes, stirring often.
6. Add the pork and barbecue sauce. Cook and stir until heated through, about 2-3 minutes.
7. Divide the mixture between the hamburger buns (~¾ cup in each) and serve warm.

Recipe Notes

- The pork chops can be cut into small pieces or shreds with a knife, box grater, or food processor.

Nutrition Facts Per Serving: Calories: 340 | Total Fat: 9 g | Saturated Fat: 2 g
Sodium: 445 mg | Total Carbohydrate: 35.5 g | Dietary Fiber: 4 g | Protein: 29.5 g

For more recipes, please visit www.nutrition.va.gov

Pork and Rice Skillet

Prep: 15 minutes | Cook: 1 hour | Total: 1 hour 15 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

1 tablespoon olive oil

1 large onion, diced (about 2 cups)

1 pound (16 ounces) boneless pork chops, cut into ¾- to 1-inch pieces

6 cloves garlic, minced (about 1 tablespoon)

1 tablespoon Italian seasoning

1 pinch cayenne

1 cup uncooked brown rice

3 cups (24 ounces) low-sodium chicken broth

1 (10- to 12-ounce) bag frozen peas and carrots

½ cup plain nonfat yogurt

½ cup shredded cheddar cheese

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and cook until tender and starting to brown, about 7-10 minutes, stirring often.
4. Add the pork, garlic, Italian seasoning, and cayenne. Cook and stir until the pork is browned, about 3-5 minutes. It does not need to be cooked through at this point.
5. Add the rice and broth. Bring to a boil over high heat, then reduce the heat to maintain a gentle simmer.
6. Cover the pan with a lid and cook until the rice is tender and the pork is cooked through (internal temperature of 145°F), about 40-50 minutes (see Recipe Notes).
7. Add the peas and carrots, yogurt, and cheese.
8. Cook and stir until warmed through and the cheese is melted, about 2-3 minutes. Serve warm.

Recipe Notes

- To save time, try using instant (10-minute) brown rice and reduce the cooking time in step 6 to 10-15 minutes.
- This recipe works well with leftover cooked pork or chicken. Cut into slices or cubes, then add it in step 7.

Nutrition Facts Per Serving: Calories: 485 | Total Fat: 13 g | Saturated Fat: 5 g
Sodium: 285 mg | Total Carbohydrate: 53 g | Dietary Fiber: 5 g | Protein: 39 g

For more recipes, please visit www.nutrition.va.gov

Seafood Recipes

Tropical Tex-Mex Shrimp Fajitas

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 5 servings | Serving Size: 2 fajitas (tortillas with shrimp mixture) without optional toppings

Ingredients

1 tablespoon cornstarch

2 teaspoons chili powder

1 teaspoon sweet or smoked paprika

½ teaspoon onion powder

½ teaspoon garlic powder

½ teaspoon ground cumin

¼ teaspoon cayenne

1 pound (16 ounces) peeled and deveined shrimp, thawed if frozen

2 tablespoons canola or avocado oil, divided

½ pineapple, cut into ¾- to 1-inch chunks (about 2 cups)

1 medium bell pepper, thinly sliced (about 1 cup)

1 medium onion, thinly sliced (about 1 cup)

10 (8-inch) whole-wheat tortillas, warmed

Optional toppings: Cilantro, avocado, Pico de Gallo, plain Greek yogurt or lowfat sour cream

Directions

1. In a large bowl, stir together the cornstarch, chili powder, paprika, onion powder, garlic powder, cumin, cayenne, and ½ tablespoon of the oil. Add the shrimp and toss to coat, then set aside.
2. Heat a large skillet or sauté pan over high heat.
3. Rub the pineapple with ½ tablespoon of the oil and then add it to the pan, spreading it into a single layer. Cook and stir until browned in spots, about 4-6 minutes, then transfer to a separate large mixing bowl and set aside.
4. Rub the bell peppers and onion with the remaining 1 tablespoon of oil, then add to the pan. Cook and stir until spotty-brown, about 5-7 minutes, then transfer to the bowl with the pineapple and set aside.
5. Return the pan to the stovetop over high heat and add the shrimp. Cook and stir until just pink, about 2-3 minutes.
6. Add the pineapple-vegetable mixture. Cook and stir until warmed through, about 1-2 minutes, then set aside.
7. Divide the shrimp mixture between the warmed tortillas (~½ cup in each).
8. Serve warm, adding toppings as desired.

Nutrition Facts Per Serving: Calories: 440 | Total Fat: 14 g | Saturated Fat: 4.5 g
Sodium: 560 mg | Total Carbohydrate: 50 g | Dietary Fiber: 10.5 g | Protein: 27 g

For more recipes, please visit www.nutrition.va.gov

Southwestern Quinoa Bowl with Shrimp

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

1 tablespoon olive oil

1 (12-ounce) bag frozen pepper and onion blend

1 teaspoon ground cumin

1 teaspoon garlic powder

½ teaspoon ground black pepper

¼ teaspoon salt

⅛-¼ teaspoon cayenne, to taste

1 (15-ounce) can no-salt-added black beans, drained and rinsed

1 cup frozen corn

1 cup (8 ounces) low-sodium vegetable broth

½ cup uncooked quinoa, rinsed

1 pound (16 ounces) peeled and deveined shrimp, thawed if frozen

½ cup chopped fresh cilantro (about ½ bunch)

1 lime, juiced (about 2 tablespoons lime juice)

Directions

1. Heat large sauté pan or skillet over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the pepper and onion blend. Cook until thawed and beginning to brown, about 6-8 minutes, stirring often.
4. Add the cumin, garlic powder, black pepper, salt, and cayenne. Cook and stir until fragrant, about 1-2 minutes.
5. Add the beans, corn, broth, and quinoa. Stir to combine.
6. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
7. Cover the pan with a lid and cook until the quinoa is tender, about 10-15 minutes.
8. Add the shrimp, cilantro, and lime juice. Stir to combine.
9. Cover again with the lid and cook until the shrimp is completely pink, about 5-7 minutes.
10. Serve warm.

Nutrition Facts Per Serving: Calories: 410 | Total Fat: 8 g | Saturated Fat: 1.5 g
Sodium: 315 mg | Total Carbohydrate: 47.5 g | Dietary Fiber: 10.5 g | Protein: 38.5 g

For more recipes, please visit www.nutrition.va.gov

Lemony Shrimp Scampi with Broccoli

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 4 servings | Serving Size: 2 cups

Ingredients

Water

8 ounces whole-wheat spaghetti or angel hair pasta (half of a 16-ounce box)

2 tablespoons olive oil

4 tablespoons unsalted butter

6 cloves garlic, minced (about 1 tablespoon)

½ teaspoon ground black pepper

1 pinch salt

1 pound (16 ounces) peeled and deveined shrimp, thawed if frozen

1 (10- to 12-ounce) bag frozen broccoli florets

¼ cup lemon juice (about 1 medium lemon)

¼ cup minced fresh parsley

Directions

1. Fill a large saucepan or stockpot about hallway with water. Bring to a boil over high heat, then add the pasta and cook according to the package directions.
2. Drain the pasta into a colander or strainer, then set aside.
3. Place the pot back over medium-high heat.
4. Add the oil, butter, garlic, black pepper, and salt. Cook until the butter is melted and the garlic is fragrant, about 2-3 minutes.
5. Add the shrimp and broccoli. Cook until the shrimp is completely pink and the broccoli is thawed, about 5-7 minutes.
6. Add the cooked pasta, along with the lemon juice and parsley. Toss to combine.
7. Continue cooking until heated through, about 2-3 minutes, tossing constantly to coat the pasta with the sauce.
8. Serve warm.

Recipe Notes

- This recipe can be made with cubed salmon or chicken breast in place of the shrimp, if desired. Add to the pot after step 4 and cook through before adding the broccoli.

Nutrition Facts Per Serving: Calories: 410 | Total Fat: 8 g | Saturated Fat: 1.5 g
Sodium: 315 mg | Total Carbohydrate: 47.5 g | Dietary Fiber: 10.5 g | Protein: 38.5 g

For more recipes, please visit www.nutrition.va.gov

Fish Tacos with Tangy Slaw

Prep: 20 minutes | Cook: 10 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 2 tacos

Ingredients

4 tablespoons (¼ cup) lime juice, divided (about 2 limes)

2 tablespoons olive oil, divided

1 tablespoon honey or sugar

½ teaspoon ground black pepper

¼ teaspoon salt

4 cups shredded cabbage (about 1 pound; can substitute one 14- to 16-ounce bag coleslaw mix)

¼ cup chopped fresh cilantro

2 tablespoons salt-free taco seasoning, divided (store-bought or homemade)

¼ cup plain nonfat Greek yogurt

¼ cup olive oil mayonnaise

1 pound (16 ounces) white fish fillets (e.g. cod, flounder, tilapia, pollock, mahi mahi)

8 (6-inch) flour or corn tortillas, warmed

Directions

1. In a medium mixing bowl, whisk 2 tablespoons of the lime juice and 1 tablespoon of the oil with the honey or sugar, black pepper, and salt. Add the shredded cabbage and cilantro. Toss to combine, then set aside.
2. In a small bowl, stir 1 tablespoon of taco seasoning and 1 tablespoon of the lime with the yogurt and mayonnaise. Set aside.
3. In a separate small bowl, stir together the remaining 1 tablespoon of taco seasoning, 1 tablespoon of lime juice, and 1 tablespoon of oil.
4. Pat the fish fillets dry with paper towels, then rub with the oil-lime juice mixture.
5. Heat a nonstick skillet over medium-high heat.
6. Add the fish and cook until cooked through (internal temperature of 145°F, flakes easily with a fork), about 2-4 minutes on each side.
7. Transfer the fish to a clean plate and let cool slightly, about 1-2 minutes, then break it into bite-sized pieces.
8. Divide the yogurt mixture between the warmed tortillas, followed by the fish and the cabbage mixture. Serve warm.

Nutrition Facts Per Serving: Calories: 400 | Total Fat: 14 g | Saturated Fat: 1 g
Sodium: 385 mg | Total Carbohydrate: 37 g | Dietary Fiber: 3.5 g | Protein: 30 g

For more recipes, please visit www.nutrition.va.gov

Rosemary Tuna Salad Sandwiches

Prep: 10 minutes | Chill: 10 minutes | Total: 20 minutes

Yield: 2 servings | Serving Size: 1 sandwich

Ingredients

2 tablespoons plain nonfat Greek yogurt

2 tablespoons olive oil mayonnaise

¼ teaspoon ground dried rosemary (or 1 teaspoon minced fresh rosemary)

¼ teaspoon onion powder

¼ teaspoon Dijon mustard

1 pinch ground black pepper

1 (5-ounce) can tuna in water, drained

2 tablespoons chopped or sliced almonds, toasted if desired

4 slices whole-grain sandwich bread

2 cups loosely packed fresh spinach

1 medium tomato, sliced

2 thin onion slices

Directions

1. In a small bowl, stir together the yogurt, mayonnaise, rosemary, onion powder, mustard, and black pepper.
2. Add the tuna and almonds. Stir to combine, breaking the tuna up into flakes.
3. Let sit at room temperature for 10 minutes, or in the refrigerator for at least 30 minutes.
4. Place 2 slices of the bread on a clean cutting board.
5. Divide the tuna mixture between the two bread slices, followed by the spinach, tomato slices, and onion slices.
6. Top each with 1 of the remaining bread slices to make sandwiches. Cut the sandwiches in half.
7. Gather two serving plates and place two sandwich halves on each plate.
8. Serve right away.

Recipe Notes

- Whole-wheat sandwich thins can be substituted for the sliced sandwich bread, if desired.
- If you can't find ground dried rosemary, you can substitute ground dried thyme.

Nutrition Facts Per Serving: Calories: 360 | Total Fat: 11.5 g | Saturated Fat: 1.5 g
Sodium: 730 mg | Total Carbohydrate: 32 g | Dietary Fiber: 6 g | Protein: 32 g

For more recipes, please visit www.nutrition.va.gov

Stovetop Tuna Noodle Casserole

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

Water

6 ounces uncooked egg noodles (about 3 cups; preferably whole-wheat, if available)

1 tablespoon olive oil

4 ounces mushrooms, sliced (about 1¼ cups)

2 tablespoons all-purpose flour or white whole-wheat flour

1 cup (8 ounces) low-sodium chicken broth

1 cup lowfat (1%) milk

1 (10- to 12-ounce) bag frozen cut green beans

1 cup frozen peas

2 (5-ounce) cans tuna in water, drained

¼ teaspoon ground black pepper

½ cup shredded or grated parmesan

Directions

1. Fill a large saucepan or stockpot about halfway with water. Bring to a boil over high heat, then add the noodles and cook according to package directions.
2. Drain the noodles into a colander or strainer, then set aside.
3. Place the pot back on the stovetop over medium-high heat. Add the oil and heat until shimmering.
4. Add the mushrooms and cook until browned, about 6-8 minutes, stirring often.
5. Add the flour. Cook and stir until light brown, about 1 minute.
6. Add the broth and milk, whisking to break up clumps of flour.
7. Add the green beans, peas, tuna, and black pepper. Stir to combine.
8. Bring to a simmer over medium-high heat and cook until the liquid begins to thicken, about 5 minutes.
9. Add the cooked noodles and the parmesan. Toss to combine and continue cooking until warmed through, about 2 minutes, then serve warm.

Nutrition Facts Per Serving: Calories: 360 | Total Fat: 9 g | Saturated Fat: 2.5 g
Sodium: 450 mg | Total Carbohydrate: 36 g | Dietary Fiber: 4.5 g | Protein: 32 g

For more recipes, please visit www.nutrition.va.gov

Sushi-Inspired Tuna Bowl

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 1 serving | Serving Size: 1 bowl

Ingredients

1 tablespoon unseasoned rice vinegar

2 teaspoons reduced-sodium (lite) soy sauce

1 teaspoon toasted sesame oil

1 teaspoon honey

1 teaspoon grated fresh ginger (or ¼ teaspoon ground dried ginger)

½ cup cooked white or brown rice, warm or cold

1 medium carrot, peeled if desired, thinly sliced or grated (about ½ cup)

¼ cup frozen shelled edamame (mukimame), thawed

¼ cup thinly sliced cucumber

1 (2.6-ounce) pouch reduced-sodium chunk light tuna in water

3 small sheets dried seaweed (nori), crumbled

Directions

1. In a medium individual serving bowl or storage container, whisk together the vinegar, soy sauce, sesame oil, honey, and ginger.
2. Add the cooked rice and toss to combine.
3. Working in small piles around the inside of the bowl, add the carrot, edamame, cucumber, and tuna.
4. Sprinkle with the crumbled seaweed.
5. Serve right away, or chill before serving if desired (see Recipe Notes).

Recipe Notes

- Consider doubling the recipe for leftovers or for more servings.
- Diced avocado is a nice addition to this bowl. If making ahead, wait to add the avocado until ready to serve.

Nutrition Facts Per Serving: Calories: 330 | Total Fat: 7 g | Saturated Fat: 1 g
Sodium: 700 mg | Total Carbohydrate: 35.5 g | Dietary Fiber: 6 g | Protein: 27 g

For more recipes, please visit www.nutrition.va.gov

Asian Salmon and Vegetable Packets

Prep: 20 minutes | Cook: 15 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 1 packet

Ingredients

4 cups chopped or sliced fresh vegetables (one type or a combination; e.g. mushrooms, bell pepper, onion, zucchini, broccoli)

4 (4- to 6-ounce) salmon filets (about 1 pound total)

¼ cup honey

2 tablespoons reduced-sodium (lite) soy sauce

1 tablespoon unseasoned rice vinegar

1 tablespoon toasted sesame oil

1 tablespoon grated fresh ginger (or 1 teaspoon ground dried ginger)

3 cloves garlic, minced (about 1½ teaspoons)

1 teaspoon Asian-style hot sauce (optional; e.g. chili garlic sauce, sriracha, gochujang)

4 tablespoons thinly sliced scallions (green onions), divided (about 2 scallions)

2 teaspoons sesame seeds, toasted if desired, divided

Directions

1. Preheat the oven to 450°F.
2. Cut four large sheets of aluminum foil. Add 1 cup of the selected vegetables to the center of each sheet, followed by 1 of the salmon fillets. Set aside.
3. In a small bowl, whisk together the honey, soy sauce, vinegar, sesame oil, ginger, garlic, and hot sauce (if using).
4. Divide the sauce mixture evenly between the piles of salmon and vegetables (~2 tablespoons on each).
5. Fold the foil over the salmon and vegetables, bringing the edges together. Roll and crimp the edges together to seal, leaving an air pocket in the packet for heat to flow.
6. Place the foil packets side by side on a baking sheet and bake for 10 minutes. Remove from the oven and carefully open each packet
7. Preheat the boiler, then place the pan with the packets under the broiler. Cook until the salmon is cooked through (internal temperature of 145°F, flakes easily with a fork), about 2-4 minutes, watching carefully to avoid burning.
8. Top each packet with 1 tablespoon of the scallions and ½ teaspoon of the sesame seeds, then serve warm.

Nutrition Facts Per Serving: Calories: 300 | Total Fat: 11.5 g | Saturated Fat: 1.5 g
Sodium: 510 mg | Total Carbohydrate: 27.5 g | Dietary Fiber: 2 g | Protein: 25 g

For more recipes, please visit www.nutrition.va.gov

Italian Salmon and Vegetable Packets

Prep: 15 minutes | Cook: 25 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 1 packet

Ingredients

¼ cup pesto (homemade or store-bought)

1 tablespoon lemon juice (about ¼ medium lemon)

½ teaspoon salt, divided

½ teaspoon ground black pepper, divided

1 pound asparagus, woody ends trimmed

3 teaspoons (1 tablespoon) olive oil, divided

1 (18-ounce) package pre-cooked polenta

4 (4- to 6-ounce) salmon fillets (about 1 pound total)

1 (10-ounce) package grape or cherry tomatoes, halved (about 2 cups)

Directions

1. Preheat the oven to 400°F.
2. In a small bowl, stir the pesto and lemon juice with ¼ teaspoon of the salt and ¼ teaspoon of the black pepper. Set aside.
3. Cut four sheets of parchment paper or aluminum foil, each about 12 to 14 inches long.
4. In a large mixing bowl, toss the asparagus with 2 teaspoons of the oil. Divide between the sheets of parchment or foil, placing in a pile just off from the center of each sheet.
5. Divide the polenta between each of each pile of asparagus, breaking it up into crumbles.
6. Top each pile with 1 salmon fillet and a spread a quarter of the pesto mixture (~1 tablespoon each) onto each fillet.
7. In the large mixing bowl, toss the tomatoes with the remaining 1 teaspoon of olive oil, ¼ teaspoon of salt, and ¼ teaspoon of black pepper. Divide between the piles of salmon, polenta, and asparagus.
8. Fold the parchment or foil over the piles of salmon, polenta, and vegetables, bringing the edges together. Fold and crease the edges together to seal, leaving an air pocket in the packet for heat to flow.
9. Place the packets side by side on a baking sheet. Bake until the salmon is cooked through (internal temperature of 145°F, flakes easily with a fork), about 18-22 minutes.
10. Carefully open the packets, then serve warm.

Nutrition Facts Per Serving: Calories: 450 | Total Fat: 21 g | Saturated Fat: 3.5 g
Sodium: 795 mg | Total Carbohydrate: 29 g | Dietary Fiber: 4 g | Protein: 40.5 g

For more recipes, please visit www.nutrition.va.gov

Tuscan Tuna Salad Wrap

Prep: 20 minutes | Chill: 10 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1 wrap (filled tortilla with tuna-vegetable mixture)

Ingredients

3 tablespoons red wine vinegar

1 tablespoon olive oil

¼ cup minced onion

¼ cup minced fresh parsley

1 clove garlic, minced (about ½ teaspoon)

1 (5-ounce) can tuna in water, drained

¾ cup no-salt-added canned great northern beans, drained and rinsed (about half of a 15-ounce can)

½ cup cherry or grape tomatoes, halved or quartered

½ medium bell pepper, diced (about ½ cup)

2 stalks celery, diced (about ½ cup)

4 tablespoons (¼ cup) olive oil mayonnaise, divided

4 (8-inch) whole-wheat tortillas

Directions

1. In a medium mixing bowl, whisk together the vinegar and oil.
2. Add the onion, parsley, and garlic. Stir to combine, then let sit for 10 minutes.
3. Add the tuna and toss to combine, breaking it up into flakes.
4. Add the beans, tomatoes, bell pepper, and celery. Toss to combine, then set aside.
5. Spread 1 tablespoon of the mayonnaise into a thin layer on each tortilla.
6. Divide the tuna-vegetable mixture between the tortillas (~¾ cup on each).
7. Roll each tortilla tightly like a burrito, folding the sides over to seal the ends.
8. Serve right away (see Recipe Notes).

Recipe Notes

- The tuna mixture will keep in the refrigerator for up to 3 days, keeping it separate from the tortillas until ready to serve. If the mixture becomes watery as it sits, drain the excess liquid before making the wraps.

Nutrition Facts Per Serving: Calories: 310 | Total Fat: 12 g | Saturated Fat: 3 g
Sodium: 550 mg | Total Carbohydrate: 33 g | Dietary Fiber: 7 g | Protein: 15 g

For more recipes, please visit www.nutrition.va.gov

Sheet Pan Fish and Vegetable Medley

Prep: 20 minutes | Cook: 25 minutes | Total: 45 minutes

Yield: 2 servings | Serving Size: 1 fish fillet with ~2 cups of the vegetable mixture

Ingredients

Nonstick cooking spray (or use parchment paper)

2 medium (4- to 6-ounce) yellow or red potatoes, cut into ½-inch wedges (about ½ pound total)

8 large Brussels sprouts, stems trimmed, cut lengthwise into quarters (about 2 cups)

3 large radishes, stems trimmed and cut lengthwise into quarters (about ½ cup)

1 medium carrot, cut into ¾-inch pieces (about 1 cup)

1 tablespoon olive oil

½ teaspoon garlic powder

½ teaspoon ground black pepper

2 (4- to 6-ounce) thin fish fillets (e.g. tilapia, flounder, pollock; about ½ pound total)

½ teaspoon dried tarragon or dill

¼ teaspoon salt

1 tablespoon unsalted butter, softened

½ lemon, cut into wedges (optional)

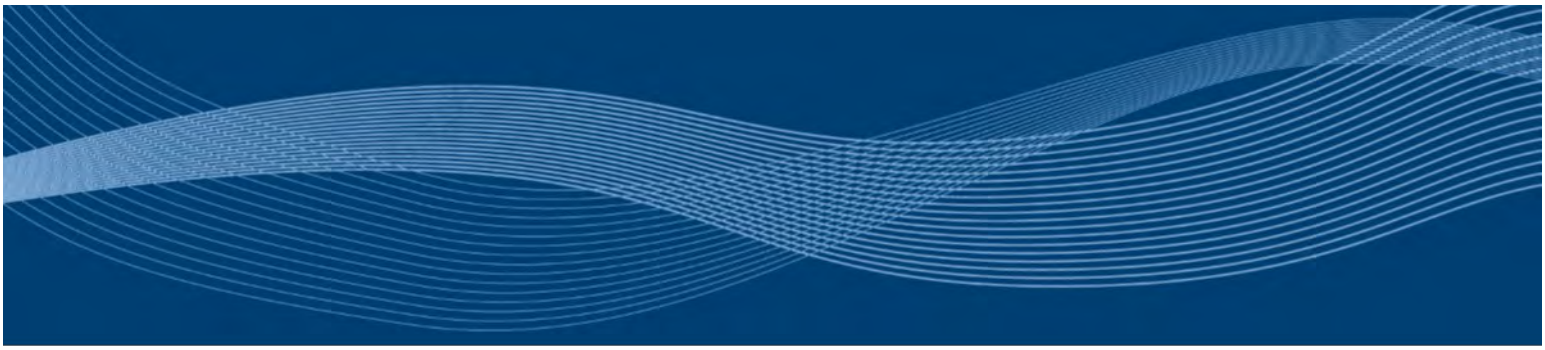
Directions

1. Preheat the oven to 450°F.
2. Line a rimmed baking sheet with foil or parchment paper. If using foil, coat with nonstick cooking spray. Set aside.
3. In a large bowl, toss together the potatoes, Brussels sprouts, radishes, carrot, oil, garlic powder, and black pepper.
4. Transfer the vegetable mixture to the prepared baking sheet and spread into an even layer.
5. Bake until the potatoes are tender, about 14-16 minutes.
6. Meanwhile, in a small bowl, stir together the tarragon or dill, salt, and butter.
7. Pat the fish dry with paper towels, then top each fillet with half of the herb-butter mixture. Spread to coat evenly.
8. Remove the baking sheet from the oven, push the vegetables to one side of the baking sheet, then carefully add the fish fillets to the other side.
9. Bake until the fish is cooked through (internal temperature of 145°F, flakes easily with a fork), about 8-12 minutes .
10. Serve warm with the lemon wedges (if using).

Nutrition Facts Per Serving: Calories: 450 | Total Fat: 18 g | Saturated Fat: 7.5 g
Sodium: 415 mg | Total Carbohydrate: 48 g | Dietary Fiber: 8.5 g | Protein: 28.5 g

For more recipes, please visit www.nutrition.va.gov

Recipe Index



Recipe Index

A

Apple

Slow Cooker Apple Pork Tenderloin 55

Apple juice

Slow Cooker Sweet-and-Sour Pork Bowl 52

Asparagus

Pasta Primavera 18

Italian Salmon Vegetable Packets 69

B

Banana

Banana-Oatmeal Protein Pancakes 20

Barley

Bean and Barley Soup 21

Beans

Black beans

Three-Bean Chili 24

Ground Turkey-Sweet Potato Skillet 36

Slow Cooker Southwestern Stuffed Peppers 48

Southwestern Quinoa Bowl with Shrimp 62

Cannellini beans

Tomato, Spinach, and Cannellini Bean Pasta 17

Italian White Bean and Kale Stew 22

Garbanzo beans (chickpeas)

Chickpea Shakshuka 16

Pasta with Chickpeas 19

Slow Cooker Moroccan Chickpea-Lentil Stew 25

Sweet-and-Sour Chickpea Stir-Fry 26

Great northern beans

Bean and Barley Soup 21

Italian Sausage and Bean Stew 39

Walnut Chili Mac 43

Tuscan Tuna Salad Wrap 70

Kidney beans

Three-Bean Chili 24

Southwest Chicken Soup 28

Pinto beans

Three-Bean Chili 24

White beans (e.g. cannellini, great northern)

White Chili 33

Beef, ground

Walnut Chili Mac 43

Cheesy Beef and Pasta Skillet 44

Rustic Beef Lasagna Soup 45

Unstuffed Cabbage Rolls 46

Sheet Pan Mini Meatloaves with Vegetables 47

Beef, ground, continued

Slow Cooker Southwestern Stuffed Peppers 48

Pressure Cooker Spaghetti with Meat Sauce ... 49

Italian Pasta Skillet 50

Bread and bread products (e.g. buns, pita)

Veggie-Loaded Barbecue Pork Sandwiches 58

Rosemary Tuna Salad Sandwiches 65

Broccoli

Pasta Primavera 18

Stovetop Chicken Divan 40

Cheesy Beef and Pasta Skillet 44

Lemony Shrimp Scampi with Broccoli 63

Brussels sprouts

Barbecue Pork Sheet Pan Dinner 53

Sheet Pan Fish and Vegetable Medley 71

Bulgur

Mediterranean Chicken and Bulgur Risotto 31

Butternut squash

Slow Cooker Moroccan Chickpea-Lentil Stew .. 25

C

Cabbage or coleslaw mix

Unstuffed Cabbage Rolls 46

Egg Roll-Inspired Pork Noodle Bowl 54

Veggie-Loaded Barbecue Pork Sandwiches 58

Fish Tacos with Tangy Slaw 64

Carrots

Bean and Barley Soup 21

Italian White Bean and Kale Stew 22

Lemon Chicken and Vegetable Rice Bowls 32

Braised Chicken and Vegetable Skillet 41

Carrots, continued

Sheet Pan Mini Meatloaves with Vegetables ... 47

Slow Cooker Apple Pork Tenderloin 55

Pork and Rice Skillet 59

Sushi-Inspired Tuna Bowl 67

Sheet Pan Fish and Vegetable Medley 71

Cauliflower

Sheet Pan Buffalo Chicken Quesadillas 34

Cauliflower rice

Chicken Cauliflower Enchilada Skillet 35

Celery

Bean and Barley Soup 21

Chicken Couscous Paella 29

White Chili 33

Tuscan Tuna Salad Wrap 70

Cheese

Cheddar cheese

Chicken Cauliflower Enchilada Skillet 35

Stovetop Chicken Divan 40

Pork and Rice Skillet 59

Cheddar jack cheese

Cheesy Beef and Pasta Skillet 44

Colby jack cheese

Stovetop Chicken Divan 40

Feta cheese

Mediterranean Chicken and Bulgur Risotto 31

Mexican blend cheese

Slow Cooker Chicken Fajitas 30

Cheesy Turkey and Bell Pepper Rice Bowl 38

Mozzarella cheese

Sheet Pan Buffalo Chicken Quesadillas 34

Ground Turkey-Sweet Potato Skillet 36

Italian Pasta Skillet 50

Parmesan cheese

Pasta Primavera 18

Stovetop Tuna Noodle Casserole 66

Ricotta cheese

Rustic Beef Lasagna Soup 45

Variety or unspecified cheese

Stove-to-Oven Vegetable Frittata 23

Chicken Cauliflower Enchilada Skillet 35

Slow Cooker Southwestern Stuffed Peppers 48

Italian Pasta Skillet 50

Chicken, ground and chicken sausage

White Chili 33

Sheet Pan Buffalo Chicken Quesadillas 34

Chicken Cauliflower Enchilada Skillet 35

Italian Sausage and Bean Stew 39

Chicken, whole cuts (e.g. breasts, thighs)

Chicken Couscous Paella 29

Slow Cooker Chicken Fajitas 30

Mediterranean Chicken and Bulgur Risotto 31

Lemon Chicken and Vegetable Rice Bowls 32

Chicken Tortellini Soup 37

Stovetop Chicken Divan 40

Braised Chicken and Vegetable Skillet 41

Corn

Southwestern Quinoa Bowl with Shrimp 62

Couscous

Chicken Couscous Paella 29

Cucumber

Sushi-Inspired Tuna Bowl 67

E

Edamame, shelled (mukimame)

Sushi-Inspired Tuna Bowl 67

Egg noodles

Stovetop Chicken Divan 40

Stovetop Tuna Noodle Casserole 66

Eggs

Banana-Oatmeal Protein Pancakes 20

Stove-to-Oven Vegetable Frittata 23

Sheet Pan Mini Meatloaves with Vegetables 47

Pork and Vegetable Fried Rice 56

F

Fish, canned

Stovetop Tuna Noodle Casserole 66

Sushi-Inspired Tuna Bowl 67

Tuscan Tuna Salad Wrap 70

Fish, fresh or frozen

Salmon

Asian Salmon and Vegetable Packets 68

Italian Salmon and Vegetable Packets 69

White fish (e.g. cod, tilapia, flounder)

Fish Tacos with Tangy Slaw 64

Sheet Pan Fish and Vegetable Medley 71

G

Green beans

Braised Chicken and Vegetable Skillet 41

Stovetop Tuna Noodle Casserole 66

Green onions (see Scallions)

H

Herbs and spices, fresh

Cilantro

White Chili 33

Southwestern Quinoa Bowl with Shrimp 62

Fish Tacos with Tangy Slaw 64

Dill

Mediterranean Chicken and Bulgur Risotto 31

Ginger

Slow Cooker Moroccan Chickpea-Lentil Stew .. 25

Lemon Chicken and Vegetable Rice Bowls 32

Pork and Vegetable Fried Rice 56

Sushi-Inspired Tuna Bowl 67

Asian Salmon and Vegetable Packets 68

Parsley

Lemony Shrimp Scampi with Broccoli 63

K

Kale

Italian White Bean and Kale Stew 22

Mediterranean Chicken and Bulgur Risotto 31

L

Lemon or lemon juice

Pasta Primavera 18

Mediterranean Chicken and Bulgur Risotto 31

Lemon Chicken and Vegetable Rice Bowls 32

Lemon or lemon juice

Sheet Pan Buffalo Chicken Quesadillas 34

Chicken Tortellini Soup 37

Lemony Shrimp Scampi with Broccoli 63

Italian Salmon and Vegetable Packets 69

Sheet Pan Fish and Vegetable Medley 71

Lentils, red

Slow Cooker Moroccan Chickpea-Lentil Stew .. 25

Lime or lime juice

White Chili 33

Southwestern Quinoa Bowl with Shrimp 62

Fish Tacos with Tangy Slaw 64

M

Marinara or pasta sauce

Pressure Cooker Spaghetti with Meat Sauce 49

Italian Pasta Skillet 50

Milk or liquid dairy products (e.g. cream, half and half)

Pasta Primavera 18

Stove-to-Oven Vegetable Frittata 23

Stovetop Chicken Divan 40

Cheesy Beef and Pasta Skillet 44

Stovetop Tuna Noodle Casserole 66

Mushrooms

Pasta Primavera 18

Lemon Chicken and Vegetable Rice Bowls 32

Cheesy Beef and Pasta Skillet 44

Italian Pasta Skillet 50

Island-Style Pork and Vegetable Kebabs 57

Stovetop Tuna Noodle Casserole 66

N

Nuts and seeds

Almonds

Rosemary Tuna Salad Sandwiches 65

Sesame seeds

Egg Roll-Inspired Pork Noodle Bowl 54

Asian Salmon and Vegetable Packets 68

Walnuts

Walnut Chili Mac 43

O

Oats

Banana-Oatmeal Protein Pancakes 20

Onion

Chickpea Shakshuka 16

Tomato, Spinach, and Cannellini Bean Pasta ... 17

Pasta Primavera 18

Pasta with Chickpeas 19

Bean and Barley Soup 21

Italian White Bean and Kale Stew 22

Stove-to-Oven Vegetable Frittata 23

Three-Bean Chili 24

Slow Cooker Moroccan Chickpea-Lentil Stew .. 25

Chicken Couscous Paella 29

Slow Cooker Chicken Fajitas 30

Mediterranean Chicken and Bulgur Risotto 31

White Chili 33

Sheet Pan Buffalo Chicken Quesadillas 34

Ground Turkey-Sweet Potato Skillet 36

Chicken Tortellini Soup 37

Cheesy Turkey and Bell Pepper Rice Bowl 38

Onion, continued

Italian Sausage and Bean Stew 39

Braised Chicken and Vegetable Skillet 41

Walnut Chili Mac 43

Cheesy Beef and Pasta Skillet 44

Rustic Beef Lasagna Soup 45

Unstuffed Cabbage Rolls 46

Pressure Cooker Spaghetti with Meat Sauce 49

Egg Roll-Inspired Pork Noodle Bowl 54

Island-Style Pork and Vegetable Kebabs 57

Pork and Rice Skillet 59

Tropical Tex-Mex Shrimp Fajitas 61

Tuscan Tuna Salad Wrap 70

P

Pasta, dried

Tomato, Spinach, and Cannellini Bean Pasta ... 17

Pasta Primavera 18

Pasta with Chickpeas 19

Walnut Chili Mac 43

Cheesy Beef and Pasta Skillet 44

Rustic Beef Lasagna Soup 45

Pressure Cooker Spaghetti with Meat Sauce 49

Italian Pasta Skillet 50

Lemony Shrimp Scampi with Broccoli 63

Pasta, fresh

Chicken Tortellini Soup 37

Peas, green

Pasta Primavera 18

Chicken Couscous Paella 29

Pork and Vegetable Fried Rice 56

Peas, green, continued

Pork and Rice Skillet 59

Stovetop Tuna Noodle Casserole 66

Peas, snow

Lemon Chicken and Vegetable Rice Bowls 32

Peppers, bell

Chickpea Shakshuka 16

Stove-to-Oven Vegetable Frittata 23

Three-Bean Chili 24

Slow Cooker Moroccan Chickpea-Lentil Stew 25

Chicken Couscous Paella 29

Slow Cooker Chicken Fajitas 30

Mediterranean Chicken and Bulgur Risotto 31

White Chili 33

Sheet Pan Buffalo Chicken Quesadillas 34

Ground Turkey-Sweet Potato Skillet 36

Cheesy Turkey and Bell Pepper Rice Bowl 38

Slow Cooker Southwestern Stuffed Peppers 48

Italian Pasta Skillet 50

Island-Style Pork and Vegetable Kebabs 57

Tropical Tex-Mex Shrimp Fajitas 61

Tuscan Tuna Salad Wrap 70

Peppers, canned, diced green chile

Slow Cooker Chicken Fajitas 30

Peppers, poblano

White Chili 33

Pesto

Italian Salmon and Vegetable Packets 69

Pineapple, canned

Sweet-and-Sour Chickpea Stir-Fry 26

Pineapple, fresh

Island-Style Pork and Vegetable Kebabs 57

Tropical Tex-Mex Shrimp Fajitas 61

Polenta

Italian Salmon and Vegetable Packets 69

Pork, ground

Slow Cooker Sweet-and-Sour Pork Bowl 52

Egg Roll-Inspired Pork Noodle Bowl 54

Pork, whole cuts (e.g. chops, loin)

Barbecue Pork Sheet Pan Dinner 53

Slow Cooker Apple Pork Tenderloin 55

Pork and Vegetable Fried Rice 56

Island-Style Pork and Vegetable Kebabs 57

Veggie-Loaded Barbecue Pork Sandwiches 58

Pork and Rice Skillet 59

Potatoes, fresh

Braised Chicken and Vegetable Skillet 41

Slow Cooker Apple Pork Tenderloin 55

Sheet Pan Fish and Vegetable Medley 71

Potatoes, frozen

Stove-to-Oven Vegetable Frittata 23

Sheet Pan Mini Meatloaves with Vegetables 47

Q

Quinoa

Slow Cooker Southwestern Stuffed Peppers 48

Southwestern Quinoa Bowl with Shrimp 62

R

Radishes

Sheet Pan Fish and Vegetable Medley 71

Rice

Italian White Bean and Kale Stew 22

Lemon Chicken and Vegetable Rice Bowls..... 32

Chicken Cauliflower Enchilada Skillet..... 35

Cheesy Turkey and Bell Pepper Rice Bowl 38

Unstuffed Cabbage Rolls 46

Slow Cooker Sweet-and-Sour Pork Bowl..... 52

Pork and Vegetable Fried Rice..... 56

Pork and Rice Skillet 59

Sushi-Inspired Tuna Bowl 67

Rice noodles

Egg Roll-Inspired Pork Noodle Bowl..... 54

S

Salsa

Walnut Chili Mac 43

Sausage

Italian Sausage and Bean Stew..... 39

Scallions

Lemon Chicken and Vegetable Rice Bowls..... 32

Egg Roll-Inspired Pork Noodle Bowl..... 54

Asian Salmon and Vegetable Packets..... 68

Seaweed

Sushi-Inspired Tuna Bowl 67

Shrimp

Tropical Tex-Mex Shrimp Fajitas 61

Southwestern Quinoa Bowl with Shrimp 62

Lemony Shrimp Scampi with Broccoli 63

Spinach, fresh

Italian Sausage and Bean Stew..... 39

Italian Pasta Skillet..... 50

Rosemary Tuna Salad Sandwiches 65

Spinach, frozen

Tomato, Spinach, and Cannellini Bean Pasta 17

Bean and Barley Soup.....21

Stove-to-Oven Vegetable Frittata 23

Southwest Chicken Soup 28

Chicken Tortellini Soup.....37

Italian Sausage and Bean Stew.....39

Italian Pasta Skillet 50

Sweet potato

Ground Turkey-Sweet Potato Skillet.....36

Barbecue Pork Sheet Pan Dinner 53

T

Tomatoes, canned

Chickpea Shakshuka 16

Tomato, Spinach, and Cannellini Bean Pasta 17

Pasta with Chickpeas.....19

Bean and Barley Soup.....21

Italian White Bean and Kale Stew 22

Three-Bean Chili 24

Slow Cooker Moroccan Chickpea-Lentil Stew...25

Southwest Chicken Soup 28

Chicken Tortellini Soup.....37

Italian Sausage and Bean Stew.....39

Rustic Beef Lasagna Soup.....45

Unstuffed Cabbage Rolls 46

Slow Cooker Southwestern Stuffed Peppers 48

Pressure Cooker Spaghetti with Meat Sauce 49

Slow Cooker Chicken Fajitas.....30

Chicken Cauliflower Enchilada Skillet.....35

Cheesy Turkey and Bell Pepper Rice Bowl 38

Tomatoes, fresh

Cherry or grape tomatoes

Italian Salmon and Vegetable Packets 69

Tuscan Tuna Salad Wrap 70

Standard tomatoes (e.g. Roma, beefsteak)

Chicken Couscous Paella 29

Walnut Chili Mac 43

Rosemary Tuna Salad Sandwiches 65

Tomatoes with green chilies, canned

Chicken Cauliflower Enchilada Skillet 35

Tortillas or wraps

Slow Cooker Chicken Fajitas 30

Sheet Pan Buffalo Chicken Quesadillas 34

Tropical Tex-Mex Shrimp Fajitas 61

Fish Tacos with Tangy Slaw 64

Tuscan Tuna Salad Wrap 70

Turkey, ground

White Chili 33

Ground Turkey-Sweet Potato Skillet 36

Cheesy Turkey and Bell Pepper Rice Bowl 38

V

Vegetables, fresh, variety or unspecified

Pork and Vegetable Fried Rice 56

Asian Salmon and Vegetable Packets 68

Vegetables, frozen, variety

Mixed vegetables

Southwest Chicken Soup 28

Peas and carrots

Pork and Rice Skillet 59

Pepper and onion blend

Southwest Chicken Soup 28

Southwestern Quinoa Bowl with Shrimp 62

Stir-fry blend

Sweet-and-Sour Chickpea Stir-Fry 26

Slow Cooker Sweet-and-Sour Pork Bowl 52

W

Water chestnuts

Sweet-and-Sour Chickpea Stir-Fry 26

Y

Yogurt, Greek

Slow Cooker Chicken Fajitas 30

Cheesy Beef and Pasta Skillet 44

Fish Tacos with Tangy Slaw 64

Rosemary Tuna Salad Sandwiches 65

Yogurt, regular

Pork and Rice Skillet 59

Z

Zucchini

Pasta with Chickpeas 19

Island-Style Pork and Vegetable Kebabs 57